



Sensory Reset Experience

Pilot Overview

ARCH, a Community Wellness Initiative
In Partnership with Promises2Kids



April 25, 2026 | San Diego, CA

Overview

The Sensory Reset Experience was a pilot community wellness initiative created in partnership with Promises2Kids for transition-age youth navigating independence and significant life stress.

Held in Mission Valley, the experience welcomed approximately 30 participants for a restorative half-day centered around simple, accessible tools designed to support calm, emotional grounding, creativity, and connection.

The pilot combined laughter yoga, collaborative creative expression, guided relaxation, sensory-based experiences, and a closing sound bath within a thoughtfully designed environment intended to help participants slow down, regulate, and reconnect with themselves and one another.

The experience was made possible through volunteers, practitioners, community support, and in-kind partnerships.



“Students left feeling more relaxed, grounded, and connected.”

Why It Was Created

The pilot was created from a growing recognition that many young people are navigating overwhelming levels of stress without ever being introduced to practical tools that help the body and nervous system regulate in real time.

While conversations around wellness often focus on crisis response, this initiative explored a more preventative approach: creating safe, calming environments where participants could experience moments of pause, creativity, grounding, and emotional reset before overwhelm escalates.

The intention was not therapy or treatment, but exposure to simple experiences and practices that participants could carry into daily life — helping reinforce the idea that regulation, calm, and self-awareness are skills that can be supported, practiced, and revisited over time.

At its core, the pilot explored a simple question:

What becomes possible when people are given environments that help them exhale?



Experience Components

Laugh Yoga

A guided group laughter experience designed to encourage playfulness, connection, movement, and emotional release through intentional laughter and breath.

Guided Relaxation Exercise

Participants were guided through a progressive body relaxation exercise focused on gently tensing and releasing different muscle groups to help increase body awareness and promote calm.

Creative Expression

Participants explored painting and mindful coloring as simple forms of creative expression, allowing space for focus, relaxation, and emotional decompression without pressure or performance.

Collaborative Mandala

A large shared mandala remained available throughout the experience as an optional welcome and grounding activity, encouraging quiet creativity, collaboration, and moments of pause and reflection.

Sound Bath

The day concluded with a restorative Tibetan bowl sound bath designed to support deep relaxation, stillness, and sensory calm through immersive sound and vibration.

Participant and Partner Response

“It truly was a beautiful event...”

“...a safe and meaningful space for our youth.”

“...students left feeling relaxed, more grounded, and connected.”

— Denise Carranza, MA

Guardian Scholars Supervisor

Promises2Kids



Reflections & Insights

Environmental & Social Observations

- The collaborative mandala activity proved especially effective as a low-pressure entry point for both staff and participants, helping create a sense of comfort and connection even before formal programming began.
- Flexible, self-guided creative activities appeared to reduce social pressure for participants arriving alone while still encouraging quiet participation and shared engagement.
- While participation levels varied during more interactive activities such as laughter yoga, participants often remained socially connected afterward, suggesting that shared experiences may still contribute to group cohesion and perceived safety even without overt engagement.
- Staff noted that participants naturally remained seated together in their assigned groups throughout the experience rather than separating into smaller social circles, which may suggest the environment itself supported a greater sense of collective ease and comfort.

Experience Design Insights

- Structured arrival and transition rituals appear especially important in helping participants settle into restorative experiences.
- Brief guided regulation exercises may strengthen transitions between active and quiet portions of future programming.
- Participants responded strongly to tactile, sensory, and experiential elements that required little explanation or prior experience.
- Clearer orientation around take-home materials and reflection tools could deepen participant engagement beyond the event itself.
- Simple reflection and measurement tools may benefit from additional facilitation and guided participation.

Future Possibilities

This pilot sparked broader conversations around preventative wellness, emotional regulation, and thoughtfully designed support environments for transition-age youth, caregivers, and community-based initiatives.



"I have never felt so relaxed."
— Participant Reflection

Community Support

This pilot was made possible through volunteers, in-kind support, and community partnership.



My Passport to Peace: A Reset Guide

Explore simple ways to calm your body,
focus your mind, and reset.

Explore. Create. Return to Calm.

Mission Valley of San Diego, CA | April 25, 2026