

The logo features the text "CALM CLASSROOM" in a black, serif font, centered horizontally. The text is surrounded by a circular arrangement of colorful, triangular rays pointing outwards. The rays transition through a spectrum of colors: red, orange, yellow, green, and blue. The entire logo is set against a white background within a teal-bordered frame.

# CALM CLASSROOM™

*"Learn to be calm - Be calm to learn"*

Maura Papile, Sr. Director of Student Support Services

# What is Calm Classroom?



- Calm Classroom is a program that uses simple research-based mindfulness techniques to help students and teachers develop self-awareness, mental focus and inner calm.
- The program provides student and staff with the tools to more effectively manage stress, regulate their emotions and in turn lead more productive, well-balanced lives.

Mindfulness is a superpower.



# What does Calm Classroom look like in schools?



- The Calm Classroom program is composed of breathing, stretching, relaxation and focusing techniques. Each scripted technique takes three minutes to implement. Teachers lead these practices three scheduled times each day in their classrooms, and are encouraged to utilize the techniques when naturally appropriate.

# What does Calm Classroom look like in schools? (continued)



- Designated times for focus, or relaxation exercises include after lunch, test taking, focusing activity, response to something upsetting, or any other natural times.

# Calm Classroom at Snug Harbor



# How do we explain the value of Calm Classroom to kids?



# Elementary and Middle Schools have begun the implementation of calm classrooms.

- Some elementary schools are implementing grade wide and moving to a full school wide implementation.
- Middle Schools have implemented Calm Classroom in specialized programs, at one grade level and as part of the PBIS initiative.
- All middle school counselors and health teachers were trained on January 10<sup>th</sup> by Debra Peters, guidance counselor at Point Webster.
- High school psychologists and health interventionists were also trained.