

Calm Classroom Mindfulness Program

School-wide Implementation



Program Overview

Calm Classroom is a Tier 1, research-based mindfulness SEL program for Pre-K through 12th-grade students. The program includes brief, 3-minute scripted guided mindfulness practices used twice daily during classroom transitions, along with our daily 4-minute "Mindfulness in Daily Life" curriculum, which promotes student introspection and interactive discussions to help students and teachers learn to apply mindfulness to the everyday challenges they face at school and in life.

These mindful breathing, focusing, relaxation and movement techniques are designed to integrate seamlessly into the classroom schedule, and allow students and educators to cultivate a school-wide culture of mindfulness in only a few minutes each day. With consistent practice, students and staff are more empowered to increase their sense of well-being, regulate their emotions, and create a sense of calm, caring and safety throughout the school community.



Watch this video to hear students and staff share their experiences with Calm Classroom.

Program Contents

Materials, Training, and Access



What's Included?

Implementation Toolkit

- 30-Minute Introductory Workshop Lesson Plan
- Growth Handouts & Rubrics
- Goal-setting worksheet and best practices
- Student self-care activities and engagement resources

Ready-to-Implement Professional Learning Workshops (New!)

(30-45 mins ea.)

- Four unique workshops to support staff development and maintenance of their mindfulness practice, which will help them respond to the natural stresses of teaching, and in learning to model emotional stability and focus with students
- Implemented during regularly scheduled staff or grade-level meetings
- Can be easily delivered by administrators with minimal preparation

Online Teacher Portal (1 Yr.) | Access for All Staff

- E-Learning Courses for New and Returning Staff
- Access to [Classroom Streaming](#) for Mindfulness Practices (Pre-K through 12th Grade)
 - Audio & Video Recordings in English/Spanish
- Scripts for leading practices live and student leadership
- Nature Video Player

"Mindfulness in Daily Life" Curriculum (New!)

- Our 4-minute "[Mindfulness in Daily Life](#)" daily lessons help students connect guided mindfulness practices to everyday challenges, such as frustration with schoolwork, conflicts with friends, disappointment, or feeling isolated.

*Included in Calm Classroom Portal.



Optional Individual Materials:

[Hardcopy Manuals, Classroom Posters, and Focusing Chimes](#) are available.

Professional Learning

Calm Classroom PD1-4 Workshops (SY26-27)



Professional Learning Workshop Descriptions

Workshop 1 - Kick-off (Preparing to Teach)

New and returning staff review insights from their 2-hour e-Learning Course or 45-minute Refresher Course and explore a new video on focusing attention on thoughts and emotions that support kindness and care for self, others, and the world. Staff practice teaching Calm Classroom techniques, and prepare to introduce the program to students.

Workshop 2 - Program Check-In & Foundation of Mindfulness Practice

Teachers share program successes and address implementation challenges. Introduce foundational concepts of mindfulness meditation and connect them to the direct experience of three attributes of the mind: stillness (moments of silence without thought), movement (sensations, thoughts, and emotions), and awareness (the part of us that notices both stillness and movement). Teachers discuss how their own engagement in regular moments of mindfulness practice might help them and their students in the classroom.

Workshop 3 - Getting Comfortable with Mindfulness Practice & Special Techniques

Teachers explore the topic of Mindfulness meditation as a long-term approach, including setting their own structure without pressure, and staying adaptable as they see what works. Introduction to focusing attention on the feeling of breathing, and using simple repetitive focusing phases (short, neutral words or phrases in plain English) to help keep attention steady.

Workshop 4 - Mindful Listening From Stillness

Teachers participate in a guided mindful listening practice that strengthens communication and connection by learning to fully focus on the person who is speaking while the listener simultaneously observes their own thoughts, allowing inner mental activity to slow down, and supporting listening without interruption or judgment. Through paired sharing, brief silent pauses, and reflection, participants build awareness, empathy, and the ability to listen with focused attention.

Calm Classroom Program Timeline

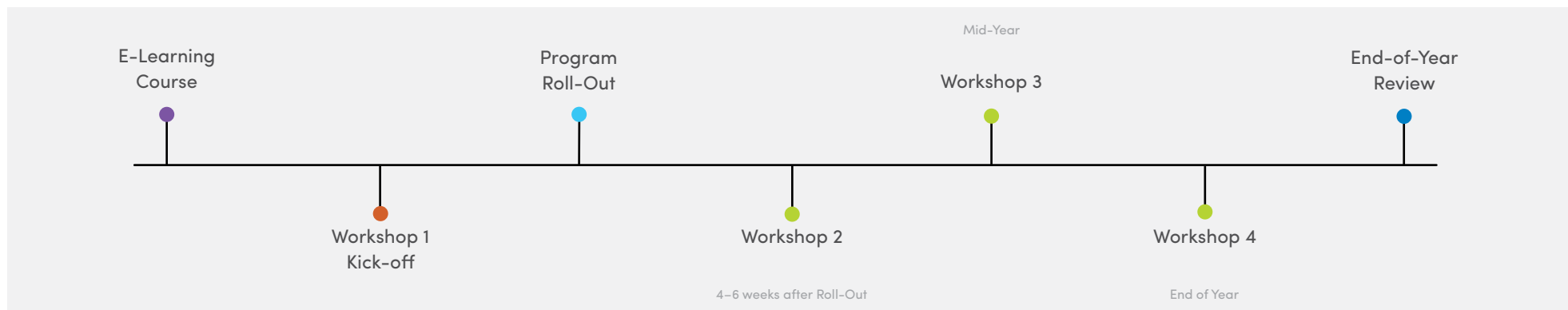
Implementing PD1-4 and Program Roll-Out



Training and Support

Calm Classroom provides slide decks, materials and worksheets to help administrators lead PD1-4 to staff.

Schools will choose a program coordinator or administrator to manage training scheduling and communications with school staff. Training is offered on-site and virtually through a blend of e-learning and guided live workshops led by school administrators, with minimal preparation required.



Calm Classroom E-Learning Course

2 hours

Self-Guided or Group Workshop

The online e-Learning Course (or Refresher Course, for returning staff) provides an introduction to mindfulness and a foundation for integrating mindfulness-based breathing, movement, focusing and relaxation techniques into the classroom routine.

Workshop 1 Kick-off (Preparing to Teach)

30-45 minutes

Live training begins with the PD1 Kick-off Workshop, held immediately after completion of the e-Learning course. Teachers discuss the program, establish goals, and review best practices for long-term support.

Program Roll-Out

6-9 minutes per day

Teachers begin leading the three-minute guided mindfulness practices 2x per day during classroom transitions in the classroom. Four-minute "Mindfulness in Daily Life" lessons are taught once per day.

Staff Professional Learning Workshops

30-45 minutes each

Facilitators and/or school administrators meet with staff to deliver three additional training workshops throughout the year, typically integrated into staff or grade-level meetings. Staff begin using brief, weekly mindfulness practices at faculty meetings and share program challenges and successes.