



Calm Mindfulness Lessons Standards Alignment

California Health Standards, Gr. K-12

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<p>Day 1: Finding Calm</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Develop a new practice called <i>environmental scanning</i> by affirming that their body is not in danger• Assess what helped them to feel calm by reflecting on the practice	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS))</p> <p>1.9.M (2nd)</p> <p>7.2.M (6th, HS)</p>
<p>Day 2: Breathe Bubble</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Practice deep breathing to lower the stress response• Determine moments in their lives when a deep breathing exercise would be helpful	<p>1.2.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>5.2.M (7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p>
<p>Day 3: The Senses</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Employ the <i>senses technique</i> and evaluate if it is a useful tool to find calm in times of stress	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>1.9.M (2nd)</p>
<p>Day 4: Meditation</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Focus on the present moment through the art of meditation• Notice when thoughts start to wander to the past or future and bring them back to the present	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p> <p>5.2.M (7th, 8th, HS)</p>
<p>Day 5: Quiet Time</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Engage in student choice quiet time to reset their mental and emotional state for the remainder of the day• Reflect on their quiet time experience by journaling their responses to guided questions	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>5.2.M (7th, 8th, HS)</p>



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<p>Day 6: Body Scan</p> <p>SWBAT:</p> <ul style="list-style-type: none">Examine how their body feels through a body scan to become more in tune with their needsReflect on the body scan by journaling their responses to guided questions	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>1.9.M (2nd)</p> <p>5.2.M (7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p>
<p>Day 7: Feelings</p> <p>SWBAT:</p> <ul style="list-style-type: none">Make space for their feelings and respond with care and appreciationReflect on their preconceived judgments about feelings	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>1.9.M (2nd)</p> <p>5.2.M (7th, 8th, HS)</p>
<p>Day 8: Managing Emotions</p> <p>SWBAT:</p> <ul style="list-style-type: none">Identify strong emotions and what it feels like in the bodyIdentify and practice breathing techniques as a tool to manage strong emotions	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>1.9.M (2nd)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p> <p>5.2.M (7th, 8th, HS)</p>
<p>Day 9: Counting the Breath</p> <p>SWBAT:</p> <ul style="list-style-type: none">Examine how our emotional state affects our breathing patternsDetermine which breathing pattern works best to calm themselves down when they are stressed	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>1.9.M (2nd)</p> <p>5.2.M (7th, 8th, HS)</p>
<p>Day 10: Mental Fitness</p> <p>SWBAT:</p> <ul style="list-style-type: none">Define mental fitness and the benefits of maintaining it	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>2.1.M (2nd, 7th, 8th)</p> <p>5.1.M (6th)</p> <p>5.2.M (7th, 8th, HS)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p>



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<p>Day 11: Weather Report</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Differentiate their awareness from their thoughts and emotions through a drawing activity• Reflect on their weather drawing by journaling their responses to guided questions	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>1.9.M (2nd)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p> <p>5.2.M (7th, 8th, HS)</p>
<p>Day 12: Breathing Meditation</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Use the breath to self-regulate when feeling stressed or overwhelmed• Identify other situations in their daily lives where a breathing meditation might help them	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>1.9.M (2nd)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p> <p>5.2.M (7th, 8th, HS)</p>
<p>Day 13: Remembering Joy</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Reduce stress and build resilience by recalling a happy memory and reliving it• Reflect on their experience of remembering joy by journaling their responses to guided questions	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>1.9.M (2nd)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>5.2.M (7th, 8th, HS)</p>
<p>Day 14: Loving Kindness</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Train their minds to develop feelings of care and compassion for themselves and others• Reflect on the loving kindness meditation by journaling their responses to guided questions	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>1.9.M (2nd)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>5.2.M (7th, 8th, HS)</p>



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<p>Day 15: Mindful Eating</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Execute a form of mindfulness called mindful eating• Enhance their awareness of the type (and amount) of food they are putting into their bodies and if it nourishes them or not	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 5.1.N (3rd, 4th, 5th, 7th, 8th) 5.1.M (6th) 5.2.N (HS)</p>
<p>Day 16: Resilience</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Understand the meaning of mental resilience• Identify techniques to build resilience to challenges they may face in the future	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 7.2.M (6th, HS) 5.2.M (7th, 8th, HS)</p>
<p>Day 17: Heartbeat</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Observe the physical and emotional change that accompanies rigorous movement• Explain what endorphins are and how they relieve pain, reduce stress, and improve their sense of well-being	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 2.1.M (6th, 7th, 8th) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 7.2.M (6th, HS)</p>
<p>Day 18: Resting with Music</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Discover stillness (of the body and mind) through music• Explain how that experience affected them	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 2.1.M (6th, 7th, 8th) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p>
<p>Day 19: Moving our Bodies</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Connect Mindful Movement to Stress Reduction	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 2.1.M (6th, 7th, 8th) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 7.2.M (6th, HS)</p>
<p>Day 20: Squeeze and Release</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Recognize ways they unconsciously tense the body• Signal the body to relax through Progressive Muscle Relaxation	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 2.1.M (6th, 7th, 8th) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 7.2.M (6th, HS)</p>



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Day 21: Morning Wake Up SWBAT: <ul style="list-style-type: none">Connect mindful movement to stress reduction	1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 2.1.M (6th, 7th, 8th) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)
Day 22: Afternoon Reset SWBAT: <ul style="list-style-type: none">Practice guided movement in order to release tension in the neck, shoulders, and backAnalyze the mind-body connection (i.e. stretching my body can improve the focus of my mind)	1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 2.1.M (6th, 7th, 8th) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 7.2.M (6th, HS)
Day 23: Ocean Breathing SWBAT: <ul style="list-style-type: none">Reduce stress and improve decision-making by breathing with extended exhalesReflect on this type of breathing exercise by journaling their responses to guided questions	1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 7.2.M (6th, HS)
Day 24: Gratitude SWBAT: <ul style="list-style-type: none">Define gratitudeWrite a note of thanks to someone they appreciate	1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)
Day 25: Reflection SWBAT: <ul style="list-style-type: none">Write about what they've learned about themselves during the first half of this mindfulness unitVerbally express how mindfulness has impacted their lives	1.1.M (K, 1st, 2nd, 3rd, 4th, 5th) 1.9.M (2nd) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)



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<p>Day 26: Soundscapes</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Determine which soundscape makes them feel the most relaxed• Understand that they are unique individuals that have different preferences	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>1.9.M (2nd)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p>
<p>Day 27: Focus Training</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Train their muscles of concentration by returning to awareness from negativity, worry, or distraction• Reflect on the focus training exercise by journaling their responses to the guided questions	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>1.9.M (2nd)</p> <p>2.1.M (6th, 7th, 8th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p>
<p>Day 28: Walking Meditation</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Observe their usual surroundings in a new way through a walking meditation• Compare the difference between a walking meditation and regular walking	<p>1.1.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>1.9.M (2nd)</p> <p>2.1.M (6th, 7th, 8th)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p> <p>7.2.M (6th, HS)</p>
<p>Day 29: Visualize Your Goals</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Practice visualization in order to achieve their life goals• Reflect on this practice by journaling their responses to guided questions	<p>1.2.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>2.1.M (2nd, 6th, 7th, 8th)</p> <p>6.1.M (6th, 7th, 8th)</p> <p>6.2.M (HS)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p>
<p>Day 30: Letter to Your Future Self</p> <p>SWBAT:</p> <ul style="list-style-type: none">• Reflect on their 30 Days of Mindfulness lessons by writing a letter to their future selves about what they learned	<p>1.2.M (K, 1st, 2nd, 3rd, 4th, 5th)</p> <p>2.1.M (2nd, 6th, 7th, 8th)</p> <p>6.1.M (6th, 7th, 8th)</p> <p>6.2.M (HS)</p> <p>7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS)</p>