

Welcome.

Your session will begin momentarily.

Sign up for Calm while we wait:

1. Download and open the Calm app or scan the appropriate QR code →
2. Create an account with a personal email address and go to **Profile > Settings**  **> Link Organization Subscription.**
3. Enter **California Teachers Association** as your organization.
4. Enter your Member ID and click 'Submit' to activate your free subscription.

Apple



Android



Agenda

01 Meditation and Introductions

02 Building a mindfulness habit

03 Calm content

04 30 Days of Mindfulness in the Classroom Curriculum

05 Q&A



Let's start with a
mindful meditation

Introduction

Zach Alpert

Customer Success Manager



Located in Evanston, IL. Husband to a middle school SPED/MTSS teacher. Son to a retired elementary school SPED Teacher/Director.



Favorite part of the Calm App is the Music



My Calm Story:
Practices Mindful Breathing every night with my kids for the past two years. Calm has provided consistent relief for their Generalized Anxiety.





Thinking of our minds
like a muscle



Calm is scientifically proven to significantly decrease stress

“

“Having Calm has been a game changer for me. It has helped me in more ways than one. It has helped with my insomnia, anxiety and stress. It has been a truly priceless resource. THANK YOU!!”

CTA MEMBER TESTIMONIAL

68%

saw improvements in stress levels using Calm 1-2x a week¹

81%

saw improvements in stress levels using Calm 5+ times a week¹

A variety of tools and formats – available anytime, anywhere

Available in 190+ countries • 7 languages: English, Spanish, French, German, Portuguese, Korean & Japanese • New content daily



Breathe • Meditations • Sleep Stories • Music • Work Life • Wisdom • Movement • Dailies



Add up to 5 dependents

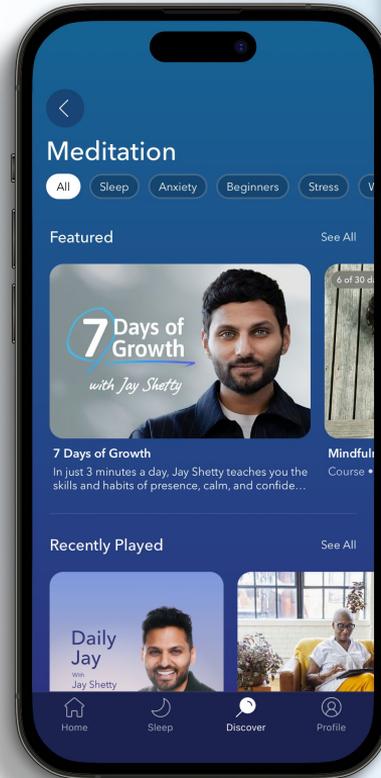
Your Calm app subscription can be shared with up to 5 family members or friends! Once shared, they will each have their own profile and account login.

- Invite your family members or friends over the age of 16 to benefit from Calm with the instructions linked below:
 - Visit: <http://cal.mn/dependents>



"Calm has been an amazing benefit to have! Both my son and I use it daily. It has improved my ability to handle the stressful job of teaching. It's an amazing self-care tool that I couldn't imagine being without now!"

CTA member testimonial





APP OVERVIEW

Sleep

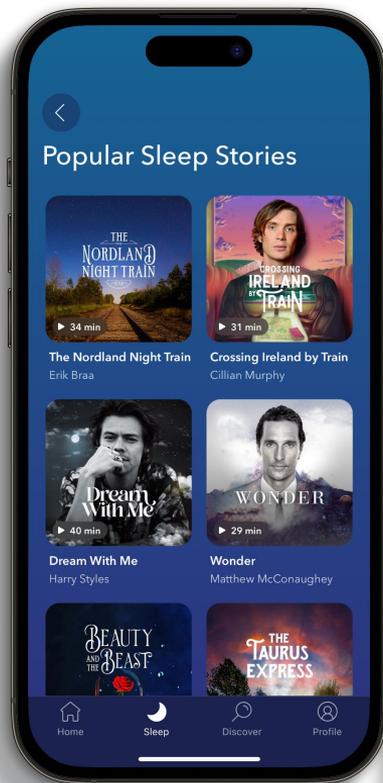
Sleep stories are adult bedtime stories to help settle the busy mind and unwind into a deep sleep. Sleep meditations, music, and soundscapes offer additional tools to help get a great night's sleep.

People who averaged 6 hours or less of sleep per night were about 2.5 times more likely to have frequent mental distress



"I use the calm app to help me relax before bed and also to help me sleep. Getting sleep helps me be a better teacher."

CTA member testimonial





APP OVERVIEW

Meditations

In Calm, there are both guided and unguided meditations for users of all levels. Meditation sessions range in length from 60 seconds to 60 minutes and you can filter by topic, narrator, and length

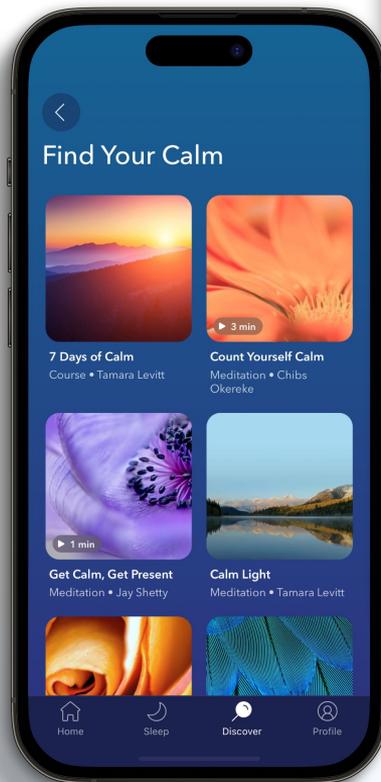
Meditation topics include:

- Managing Emotions
- Building Resilience
- Sleep
- Focus
- Stress & Anxiety
- Relationships



"I truly appreciate have this app as a benefit from CTA. I use it every single day. It is such a helpful app- from learning how to meditate, to sleep stories, to calming music/ it is the best. It helps with the stress of teaching. Thank you for having this for us ! "

CTA member testimonial





APP OVERVIEW

Music & Soundscapes

Calm has hundreds of hours of exclusive music tracks engineered and to help you focus during the day, relax or sleep. Calm Music includes original compositions, piano covers, unique collaborations, nature sounds, white noise, and more.

Popular artists:

- Keith Urban
- Sabrina Carpenter
- Kygo
- Kehlani
- Alanis Morissette

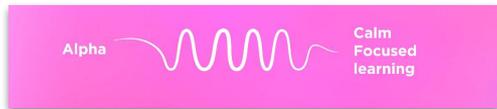
Popular soundscapes:

- Baby Shush
- Campfire
- Evening Crickets
- Heavy Rain
- Ocean Waves



"I play it nearly every time the students are working in groups. It gives the room such a calm vibe. I also play music while I am grading papers and planning lessons. Great background music. Thank you so much."

CTA member testimonial





APP OVERVIEW

Wisdom

Calm Masterclasses are educational, inspirational, audio programs taught by world-renowned experts.

Motivate Yourself:

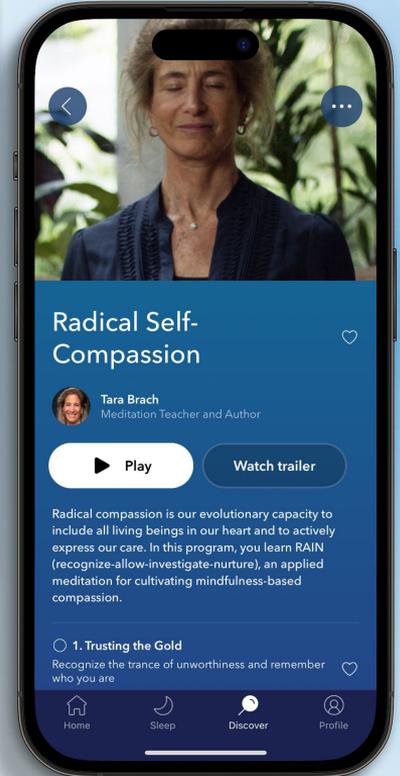
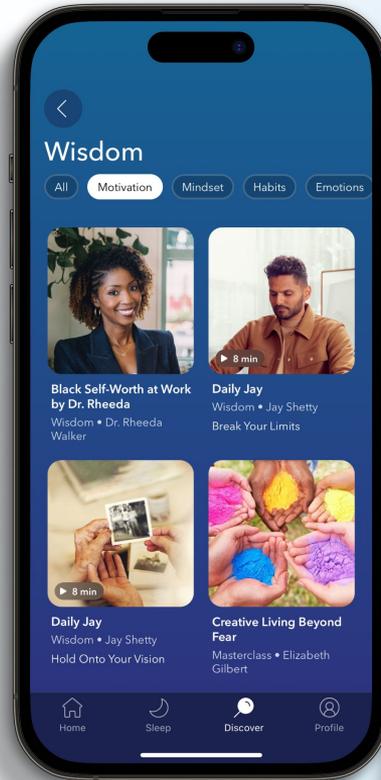
- Living with Intention with Matthew McConaughey
- Breathe Into It with Shawn Mendes
- The 4 Pillars of Health

Create Healthy Habits:

- Breaking Bad Habits with Dr. Judson Brewer
- Discovering Happiness with Shawn Achor
- Make Healthy Habits Stick with Michelle Segar

Strengthen Your Relationships:

- How to Really Listen with Kate Murphy
- On Vulnerability with Jason Rogers
- Radical Self-Compassion with Tara Brach





Original kids content with beloved characters and celebrity narrators.

- New weekly sleep stories, meditations, lullabies, soundscapes and music
- Novel characters like Peppa Pig, Kung Fu Panda, Thomas & Friends, & Minions
- 87% of parents felt that Calm was helpful for kids' sleep

87%

Of parents said Calm was helpful for kids' sleep

[Calm for Parents Blog](#)



Mindful Connections & Elevating Relationships

Guided meditations for nurturing healthier connections with others

- Build community and connection mindfully by fostering compassion and curiosity
- Explore ways to navigate conflicts with empathy and resilience, fostering healthy relationships
- Cultivate meaningful bonds habitually; incorporate these relationship-building sessions into your routine

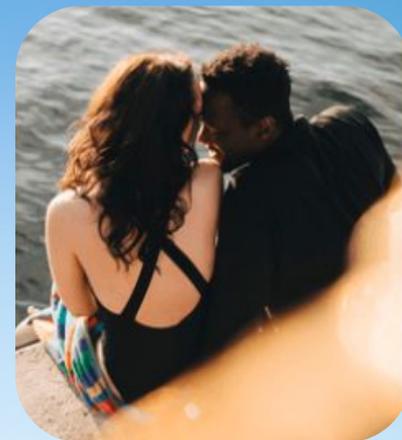
“

"I use the calm app everyday in my classroom. My kindergarteners love the calming nature music and the mindfulness for kids! I also love the daily calm and use the sleep stories quite often. Thank you for offering this great app free for teachers. Much appreciated!"

CTA member testimonial



Meaningful Friendship



Love and Relationships



Dating Courageously



Grieving



Mind & Body

Nurture your body and mind with mindful activities

- Engage in a mindful approach to physical well-being
- Explore masterclasses for informed lifestyle choices
- Uplevel your existing physical health or fitness routine by incorporating mindfulness and breathwork into your routine

“

“I find it to be a helpful tool to manage my stress and I am grateful that my union is promoting a healthy way to do this. I am a lifetime member of the union and am proud of my teaching career. I am tutoring children for free in my retirement. The Calm app is wonderful!”

CTA member testimonial



Mindful Walk



A Mindful Run



Breaking Bad Habits



The 4 Pillars of Health

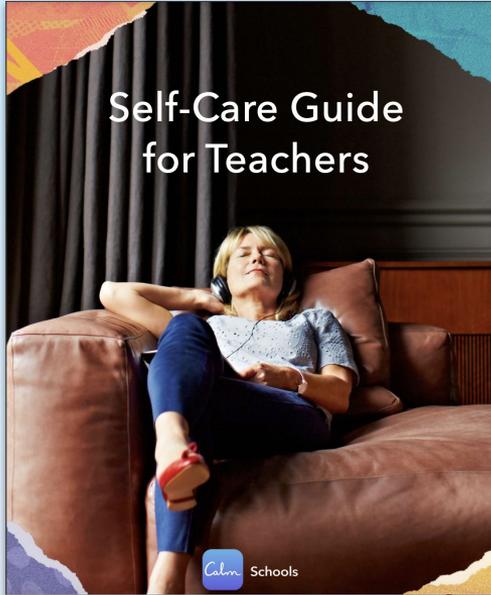


Train Your Mind



The Daily Move

Self-Care for Teachers



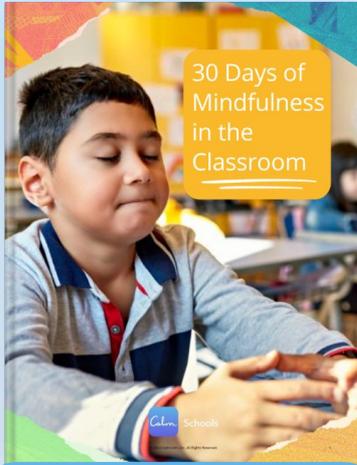
Self-Care Guide for Teachers

Taking care of yourself is crucial, especially as an educator, because your well-being directly impacts your ability to inspire, support, and nurture the growth and development of the children and young adults you influence every day.

This guide includes:

- Mindfulness practices
- Self-care routines
- Sleep support
- Healthy habit formation

Mindfulness Curriculum for Students



K-5 Curriculum



6-12 Curriculum

Calm has designed a 30 Days of Mindfulness in the Classroom curriculum to fit into state education standards to teach Social Emotional Learning and emotional regulation tools.

This program includes:

- Age segmentation to provide developmentally appropriate content for classrooms: K-2, 3-5, 6-12
- Introductions and reflection questions to build on content shared

“

“I have been using the 30 Days of Calm in the classroom - and the Daily Move (on occasion). I think the benefits for the students are fantastic! If we can teach them these skills at a young age (4/5 grades) I think they will be well prepared for the future. These mindfulness skills can be so beneficial to these young people as they move forward with their education - socially, and academically.”

CTA member testimonial

Curriculum

DAY 16

Resilience

Lesson Materials:

- Journals (Gr. 3-5)
- Pencils/pens (Gr. 3-5)
- Computer/audio system
- SMART Board/Whiteboard/Chalkboard

The Why (Gr. K-2)

Read out loud to students:

"Our mindfulness lesson today is about resilience. Resilience means being strong even when things are tough. It's like being a superhero who can bounce back from falls and keep going with a smile. When we face challenges, we can take a deep breath, remember that we are brave, and try again.

Just like a seed that grows into a beautiful flower, we can grow stronger when we face difficulties. So let's be like superheroes and remember that we can do hard things!"

The Why (Gr. 3-5)

Read out loud to students:

"Today's mindfulness lesson is about resilience. Resilience means being strong even when things are tough. It's a way of facing challenges but not giving up.

When we're resilient, we learn from mistakes and become even stronger. Being resilient means learning from setbacks and using them to become even stronger. It's like building mental armor that shields us during difficult times. With resilience, we can confront life's challenges with courage and determination, regardless of the obstacles.

So, let's embrace resilience as a tool to help us through tough times, turning problems into opportunities to grow."

Mindfulness Activity:

1. Invite students into a comfortable position, seated or lying down.
2. From the teacher's Calm account and device, play:
 - Gr. K-2: [I'm Okay!](#)
 - Gr. 3-5: [Learnine How to Fail](#)

Reflection Questions:

Gr. K-2:

- Can you think of a time when something was hard, but you didn't give up? What did you do to keep trying?
- How did you feel when you finally finished something that was hard for you?
- What can you tell yourself when you feel like giving up to help you keep trying?

Gr. 3-5:

- Think of a time when you faced a setback or failure. How did you react, and what did you learn from that experience?
- What strategies do you use to stay resilient during challenging times, such as staying organized, seeking support from others, or practicing self-care?
- Reflect on a role model or someone you admire who demonstrates resilience. Describe them. What qualities do they have that inspire you?

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DAY 15

Resilience

Lesson Materials:

- Journals
- Pencils/pens
- Computer/audio system
- SMART Board/Whiteboard/Chalkboard

The Why

Read out loud to students:

"Today's mindfulness lesson is about resilience. Resilience means being strong even when things are tough. It's a way of facing challenges but not giving up.

When we're resilient, we learn from mistakes and become even stronger. Being resilient means learning from setbacks and using them to become even stronger. It's like building mental armor that shields us during difficult times. With resilience, we can confront life's challenges with courage and determination, regardless of the obstacles.

So, let's embrace resilience as a tool to help us through tough times, turning problems into opportunities to grow."

Mindfulness Activity:

1. Invite students into a comfortable position, seated or lying down.
2. From the teacher's Calm account and device, play: [Learning How to Fail](#)

Reflection Questions:

- Think of a time when you faced a setback or failure. How did you react, and what did you learn from that experience?
- What strategies do you use to stay resilient during challenging times, such as staying organized, seeking support from others, or practicing self-care?
- Reflect on a role model or someone you admire who demonstrates resilience. Describe them. What qualities do they have that inspire you?

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- 30 lessons that can be used daily, or used as desired
- Age segmentation, the lessons are the same topics for each grade, content differs
- Introduction, Activity, Reflection
- Lessons are ordered intentionally:
 - Foundations, emotions, mind-body connection, then advanced topics like gratitude, focus training, and visualizing goals

Education Standards Alignment



Calm Mindfulness Lessons Standards Alignment

California Health Standards, Gr. K-12

Calm Lesson	California Health Standards
<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) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 1.9.M (2nd) 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) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 5.2.M (7th, 8th, HS) 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) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 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) 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 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) 7.1.M (K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, HS) 5.2.M (7th, 8th, HS)</p>

Supplemental Materials

Vocabulary

Day 1

environmental scanning - looking around and paying attention to what's happening in the world around us.

stress - when you feel worried, nervous, or overwhelmed because of something that's happening or something you need to do.

Day 2

tension/tense - your muscles are tight or stiff, like when you squeeze your fists really hard or scrunch your shoulders up. It's what happens when you feel worried or stressed

breath - the air you take in and out of your body.

calm - feeling peaceful and relaxed.

physical - anything related to your body or things you can touch.

emotional - how you feel inside. It's the way you feel happy, sad, excited, or scared.

Day 3

senses - how your body knows what's happening around you. Most of us have five senses: sight, hearing, taste, touch, and smell.

grounded - feeling calm, steady, safe, and secure. You're not too worried or stressed and feel like you're in a good place. It's like having your feet firmly on the ground.

Day 4

meditation - quietly focusing on your breathing or thinking about calm things.

mindfulness - paying close attention to what's happening right now, being aware of your thoughts and feelings.

Day 5

recharge - fill up your energy when you feel tired or drained. It's like when your phone's battery is low, you plug it in to charge it up.

presence - being fully there in the moment, paying attention to what's happening around you.

Day 6

body scan - taking some quiet time to pay attention to each part of your body from your head to your toes.

Day 7

feelings - how you feel inside, like happy, sad, or excited.

judgment - when you decide if something is good or bad, right or wrong.

reclaim - to take something back, like when you get back something that was yours.

Day 8

regulate - control or adjust something.

Lesson Objectives

Day 1: Finding Calm

SWBAT:

- Develop a new practice called environmental scanning by affirming that their body is not in danger
- Assess what helped them to feel calm by reflecting on the practice

Day 2: Breathe Bubble

SWBAT:

- Practice deep breathing to lower the stress response
- Determine moments in their lives when a deep breathing exercise would be helpful

Day 3: The Senses

SWBAT:

- Employ the senses technique and evaluate if it is a useful tool to find calm in times of stress

Day 4: Meditation

SWBAT:

- 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

Day 5: Quiet Time

SWBAT:

- 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

Day 6: Body Scan

SWBAT:

- Examine how their body feels through a body scan to become more in tune with their needs
- Reflect on the body scan by journaling their responses to guided questions

Day 7: Feelings

SWBAT:

- Make space for their feelings and respond with care and appreciation
- Reflect on their preconceived judgments about feelings

Day 8: Managing Emotions

SWBAT:

- Identify strong emotions and what it feels like in the body
- Identify and practice breathing techniques as a tool to manage strong emotions

Day 9: Counting the Breath

SWBAT:

- Examine how our emotional state affects our breathing patterns
- Determine which breathing pattern works best to calm themselves down when they are stressed

Day 10: Mental Fitness

SWBAT:

- Define mental fitness and the benefits of maintaining it

Day 11: Weather Report

SWBAT:

- Differentiate their awareness from their thoughts and emotions through a drawing activity
- Reflect on their weather drawing by journaling their responses to guided questions

Day 12: Breathing Meditation

SWBAT:

- 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

Day 13: Remembering Joy

SWBAT:

- 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

Day 14: Loving Kindness

SWBAT:

- 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

Day 15: Mindful Eating

SWBAT:

- 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

Calm Kids Calm Corner Exercises

Choose one exercise below and scan the QR code with the iPad to begin.



Balloon Breath
2 minutes



Rainbow Movement
5 min



Follow Along Body Scan
5 minutes



Birthday Candle Meditation
3 minutes



See, Hear, Feel
5 minutes



Busy Body Meditation
5 minutes



After completing one exercise, put the iPad on sleep mode, wipe down the earphones, and put everything back in the top drawer.

Be sure to throw out the wipe before returning to your seat.

Take a deep breath! Your day is about to get better 😊

Age appropriate vocabulary and definitions from key terms in the lessons

Lesson objectives in "SWBAT" format - Students will be able to...

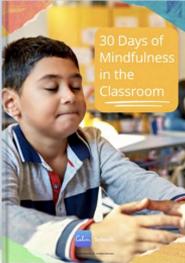
Added posters for Calm usage outside of structured curriculum

Calm in the Classroom Teacher Pilot Program



Calm in the Classroom Pilot

Audience: Classroom Teachers
Grades: K-12
Curriculum: [Calm's 30 Days of Mindfulness in the Classroom](#)
Pilot Dates: January - June 2024



About the pilot

- The purpose of this pilot is to understand the impact of Calm's mindfulness lessons on students over time as they practice mindfulness in various forms
- Teachers will need access to their own Calm Premium account in order to participate in the pilot

About the curriculum

- 30 standards-aligned lessons (10-15 minutes/each) that teach mindfulness practices for students in grades K-12
- Objectives include: improving focus, managing stress, regulating emotions, and developing compassion
- Designed to be easily integrated into the classroom

Interested in learning more?
Register to attend one of our upcoming info sessions!

[Register here](#)



Calm in the Classroom Pilot | Sign-Up Form

Please fill out the form below to confirm your participation in the Calm in the Classroom 2024 Pilot. This pilot is open to K-12 teachers in select states whose school or school district provides all employees with a free Calm Business subscription.

Thank you in advance for your interest in collaborating with Calm to bring mindfulness to your students in the classroom!

anna.evich@calm.com [Switch account](#)

Not shared

Calm in the Classroom Week 1

Calm Schools <schools@calm.com>
to @ Jennifer, bcc: Annie, bcc: me

Hi Jenni - Happy New Year!

We're very excited about your participation in the January cohort of the Calm in the Classroom pilot. Thank you for taking the time to give your students the tools they need to establish the foundations of mindfulness, mental health literacy, and resilience.

We'll be sending weekly emails throughout the program to give an overview of upcoming lessons, flag additional materials that may be needed, and share recommendations for your own wellness. If you miss a few lessons, don't worry! You can always either keep going and be a couple days off from our suggestions, or skip ahead to the next lesson.

Here is what you can expect from your first week of Calm in the Classroom!

Week 1 Lesson Overview ([Program Guide](#)):

- Lesson 1:** Finding Calm
- Lesson 2:** Breathe Bubble
- Lesson 3:** Moving our Bodies - *the ability to share videos will be needed for this lesson*

Reminder: Record feedback on each lesson and/or students' reactions and participation.

Here are some recommendations for Calm for you to try on your own time:

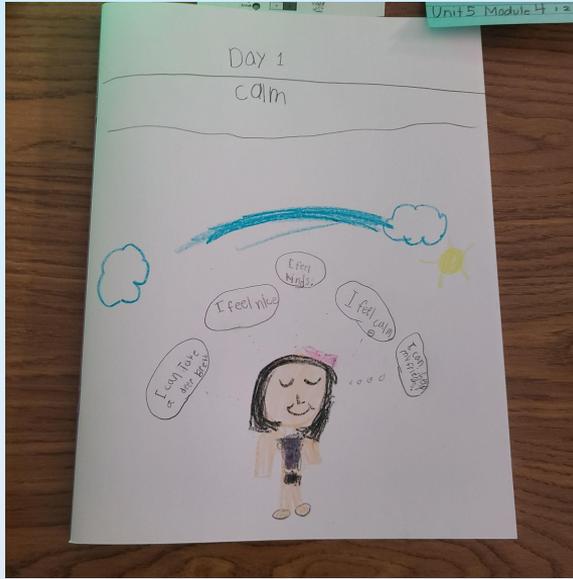
- **Sleep:** [Letting Go Into Sleep](#) a sleep meditation to help you drift off
- **Music:** [Music for Reading](#)
- **Meditation:** [Five Steps to Less Stress](#) a 4-minute grounding exercise
- **Bonus:** [Breaking Bad Habits](#) Wisdom Masterclass

Again, thank you very much for your participation and for prioritizing your students' emotional wellness! The Calm Schools team is here to help should you have any questions during the program.

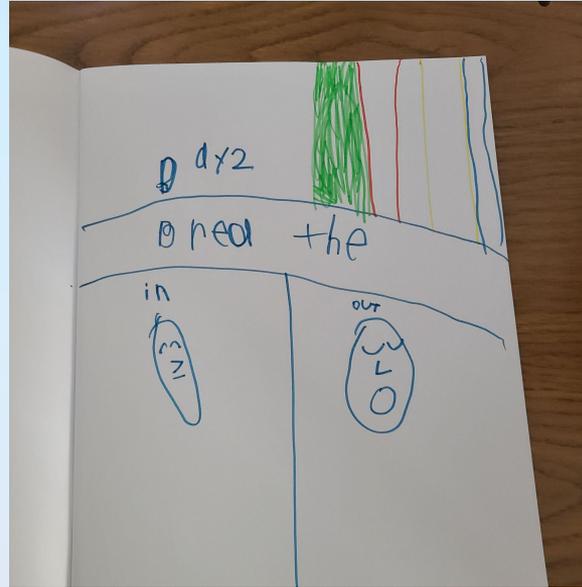
Warmly,
Annie and Anna
Calm Schools

- Ran pilot with K-12 teachers in Arizona, Wisconsin, and California
- Feedback sessions held with teachers

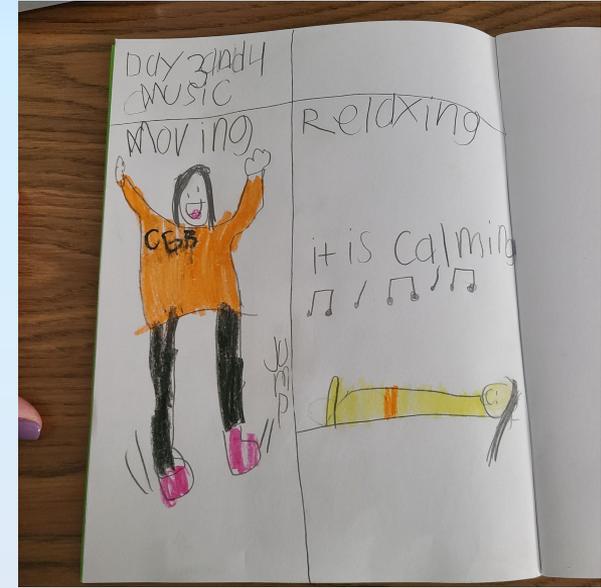
Student Journal Examples - 1st Grade



Finding Calm

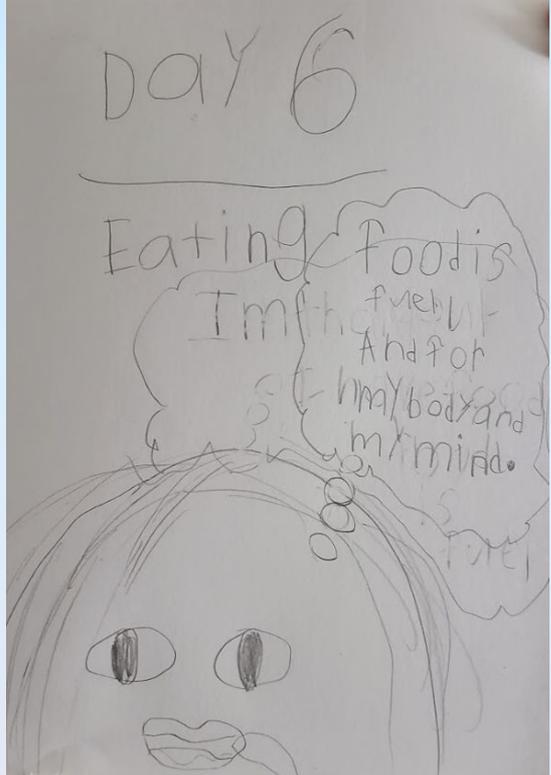
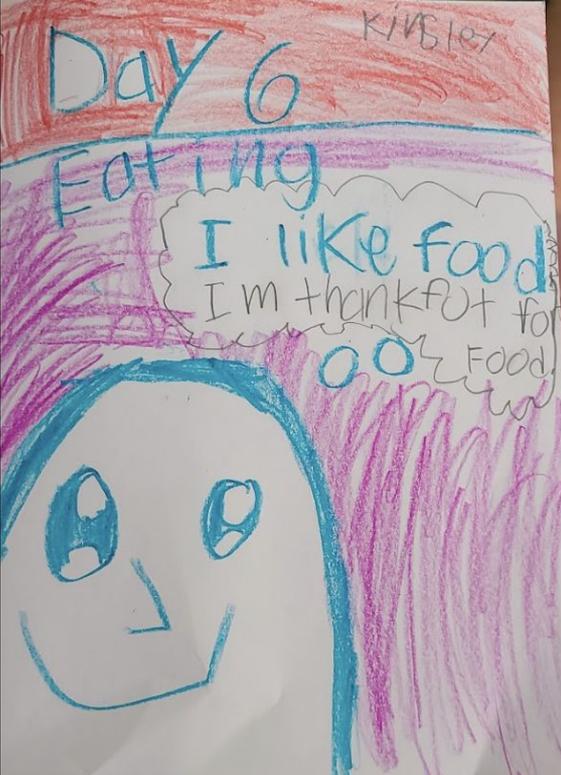


Breathe Bubble



Moving Our Bodies & Resting with Music

Student Journal Examples - 1st Grade



Mindful Eating

Real Feedback from Teachers in the Pilot

Reflection Questions:

Gr. K-3: Ask students to share their answers to the following questions in the form of a group discussion:

Gr.4-12: Ask students to journal their responses to the following questions (display on board):

- How did you feel before you moved?
- What did it feel like to be in stillness after the movement?
- What did you feel like after the activity?

Wins

- Gave students journals - surprise you what they reflect on
- Details they put in their journals - "I can use this at home."
- Sometimes they drew it - "I'm doing it at home in my bed."

Challenges

- At first it was a challenge, activities & reflection questions - these were skills they had to learn how to do
- At first, difficult to listen to music and sit still - they'd be rolling around
- Almost halfway through, noticed a difference - needs to be explicitly taught

Other

- Great for 1st graders to have journals too
- Also liked to draw as a reflection/while they were listening to music
- Blank journal - no lines, no expectation of writing - pictures, or words, or both - up to them to decide
- Sometimes they would ask to use their Calm journal outside of the mindfulness lessons time

Gr. 6-12 Day 8: Observing Emotions

"You are the sky. Everything else – it's just the weather."
— Pema Chödrön

DAY 8

Observing Emotions

Lesson Materials:

- Journals
- Pencils/pens
- Computer/audio system
- SMART Board/Whiteboard/Chalkboard

The Why

Read out loud to students:

"Today, we're going to explore the idea that our emotions don't define us, they're just part of our experience.

Think of it like this: When we say "I am angry," it's like we're saying anger is who we are. But in reality, we're feeling angry; it's just one part of our experience at that moment.

Our emotions come and go, just like passing clouds in the sky. They might be big and dark sometimes, like when we're sad or angry, but they always move on.

For example, if we're feeling sad, it's just a feeling passing through, not all that we are. We can acknowledge it and let it be there without letting it take over.

So, let's listen to a session that talks about this, recognizing that our emotions are just a part of our experience, not the whole of who we are. We can observe our emotions without letting them define us."

Mindfulness Activity:

1. Invite students into a comfortable position, seated or lying down.
2. From the teacher's Calm account and device, play: [The Emotion Isn't You \(7 mins\)](#)

Reflection Questions:

- Can you recall a time when you felt a strong emotion? Describe what happened and how you felt.
- How do you feel about the idea of watching your emotions like you would watch passing clouds? Does it resonate with you? Why or why not?

CALM TIP

If the Daily Jay resonated with you and/or your students, consider listening to the following sessions:

- [Break Your Limits](#)
- [Shift Your Self-Talk](#)
- [Slow Change](#)

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Lesson Reflection Questions



Reflect

Can you recall a time when you felt a strong emotion? Whether it was in the classroom or personal life. Describe what happened and how you felt.



Turn and Talk



Reflect & Share

How do you see yourself implementing Calm's 30 Days of Mindfulness in the Classroom with your students?



Reflect & Share

What did you anticipate or hope that your students will get out of this curriculum?



Reflect & Share

- How do you plan to use Calm to support your own well-being?





Questions?

Sign up for Calm:

1. Download and open the Calm app or scan the appropriate QR code →
2. Create an account with a personal email address and go to **Profile > Settings**  **> Link Organization Subscription.**
3. Enter **California Teachers Association** as your organization.
4. Enter your Member ID and click 'Submit' to activate your free subscription.

<http://cal.mn/dependents>

Apple



Android



Need help?

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