

For individual schools or districts that seek to begin or continue supporting the Calm Classroom program we offer a comprehensive combination of digital teaching tools and training workshops designed to support effective implementation, professional development, and program measurement.

Administrators can tailor their own implementation and support plan by using the following recommended professional development and classroom tools:

Cost: \$1,200

Teacher Portal

Classroom Streaming

- Over 100 guided video and audio practices led by Calm Classroom instructors, featuring soothing nature scenes and music to help students relax and refocus.

Digital Manuals

- Read easy-to-follow scripts for leading live practices
- PreK/Kindergarten, Elementary, Middle/High

New Staff - Introduction E-Learning Course

2-HOUR, SELF-PACED COURSE DESIGNED TO:

- The Calm Classroom Mindfulness Course is the foundational step in preparing teachers to integrate mindfulness in the classroom. Teachers will learn how to introduce and implement all aspects of the Calm Classroom program. Educators will develop an understanding of mindfulness through practice and reflection, along with an exploration of how mindfulness can increase well-being and off-set the negative effects of chronic stress and trauma.

Returning Staff - Refresher E-Learning Course

45-MINUTE, SELF-PACED COURSE DESIGNED TO:

- Re-engage teachers in Calm Classroom techniques
- Review trauma-informed practices and classroom behavior strategies
- Support sustainable classroom implementation

Staff Survey & Data Reports

MONITORING & EVALUATION

- Staff survey – Distributed 90 days after program launch
- Access is provided to teachers for survey completion and school administration is given direct access to survey results that measure:
 - Program fidelity
 - Teacher and student benefits

Implementation Toolkit & Guide

30-Minute Staff Kick-Off Workshop

- Ready-to-use PowerPoint, lesson plan, handouts, and videos
- Designed for administrators to lead during staff or grade-level meetings
- Helps review eLearning takeaways, practice core techniques, and introduce new reflection strategies

Organizational Templates & Planning Tools

- Classroom and school-wide goal-setting worksheets
- Implementation rubrics
- Best practices guide
- Student engagement activities

Monthly Mindfulness Themes & Teaching Strategies

- Fresh content delivered monthly throughout the year
- Introduces new techniques and deepens understanding

Optional - Additional Materials

Click On Blue Colored Links Below For More Information

Printed Manuals

- [Pre-Kindergarten & Kindergarten](#) – \$25
- [Elementary School](#) – \$25
- [Middle & High School](#) – \$25

Posters

- [Any Time, Any Place](#) – Poster Set – \$20
- [Student Ambassador](#) – Poster Set – \$9
- [We Are a Calm Classroom School](#) – Hallway Sign – \$50

Other

- [Focusing Chime](#) – \$14
- [Calm Classroom Mindfulness Kit](#) – \$110

Optional - Additional Training Supports

Click On Blue Colored Links Below For More Information

Coaching & Implementation Support

- Calm Classroom Coaches provide 45-minute support sessions for school administrators to assist with the initial rollout of the program and to prepare for a successful school year implementation. These sessions help administrators:
 - Review the Logistical and Kick-Off lesson plan
 - Prepare to lead the initial live workshop to the staff
 - Organize to distribute portal links, staff survey links and monthly program information to staff
 - Lead mindful staff meeting practices and discussions
- Coaching sessions also guide administrators in setting realistic goals and expectations for the program and equip them to effectively address challenges that may arise in the classroom.
- Costs: \$250 per session.

Direct-To-Staff Training - Individual School

- Calm Classroom Coaches provide direct training to school staff through four 45-minute live, interactive virtual workshops and a two-hour eLearning course, delivered over the course of the school year.
- Costs: Here are costs and more details on the [The Four Live Workshops](#) (assuming one meeting per workshop) are \$3,000. If workshops require more than one meeting, each additional session costs \$800

Train-the-Trainer - Individual School or District-Wide

- Calm Classroom Coaches train two staff members from each school to become Calm Classroom Facilitators, who are then responsible for leading the four 45-minute workshops to the teachers at their respective schools to implement the program. The training for facilitators consists of three 90-minute live, interactive virtual workshops and a two-hour eLearning course, delivered throughout the school year.
- Costs: Here are costs and more details on the [The Three Live Workshops](#): \$3,000. Additional sessions are \$800 each.