

The CALM CLASSROOM BUNDLE

Behavior Management
Tools for a Calm &
Focused Classroom



What Educators Are **Saying**

This bundle is AMAZING! The amount that it is included in the price is nothing short of amazing. I especially love the journals. I have done entire journals with students or individual sheets as check ins. The stress response lesson is a great way to teach students about their brain and the roles of the amygdala/prefrontal cortex in an informative way. I am so pleased with everything. Thank you!
Christine H.



What You'll Love About this Bundle

CLASSROOM MANAGEMENT GAME CHANGERS

These tools will help reduce classroom disruptions, increase positive communication and teach kids how to make repairs when they make mistakes.

SEAMLESSLY INTEGRATE SOCIAL EMOTIONAL LEARNING

into your classroom without it taking tons of time

DIFFERENTIATED LEARNING

I NEED...

<input type="checkbox"/> help with my work 	<input type="checkbox"/> help with a problem at home 
<input type="checkbox"/> help with friends or other kids 	<input type="checkbox"/> a second chance or do-over 
<input type="checkbox"/> a short break 	<input type="checkbox"/> to feel cared for 
<input type="checkbox"/> attention and connection 	<input checked="" type="checkbox"/> help to solve a problem 
<input checked="" type="checkbox"/> to feel safe 	<input type="checkbox"/> to eat 
<input type="checkbox"/> to talk about my feelings 	<input type="checkbox"/> water 
<input type="checkbox"/> to move around 	<input type="checkbox"/> encouragement 
<input type="checkbox"/> to feel calmer 	<input type="checkbox"/> to know things will be okay 
<input type="checkbox"/> help to focus 	<input checked="" type="checkbox"/> a hug 
<input type="checkbox"/> some alone time 	<input type="checkbox"/> SOMETHING ELSE

MY NAME: Grace



What **Skills** Kids Will Practice / Learn

✓ HEALTHY STRESS MANAGEMENT

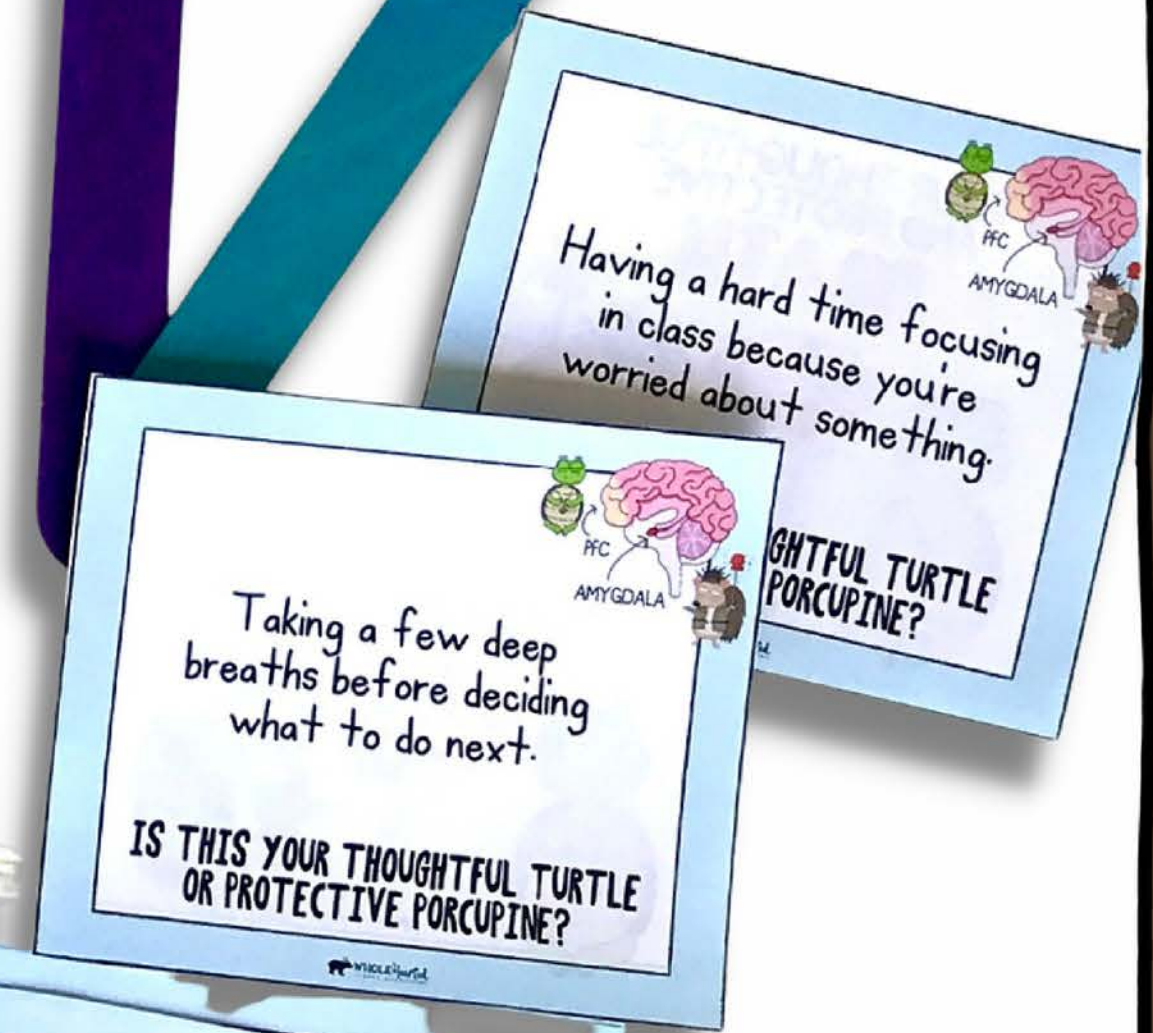
Kids learn about the stress response and practice coping strategies to deal with uncomfortable feelings like stress & anxiety.

✓ EXECUTIVE FUNCTIONING

Including self-management and staying focused

✓ RESILIENCE

Learning how to make repairs when you make a mistake.



Bundle Includes

- ★ Calm Kids Activity Book/
Calm Corner Kit
- ★ Your Brain & the
Stress Response
Lesson
- ★ Behavior Reflection
Think Sheets
- ★ 30 Breathing &
Movement Videos
- ★ Focus Lesson &
Privacy Office
- ★ Yoga for the
Classroom
- ★ Self-Awareness
Journal
- ★ Self-Management
Journal
- ★ Social Awareness
Journal
- ★ Relationship
Skills Journal
- ★ Responsibility &
Decision Making
Journal



Calm Kids Activity Book/Calm Corner Kit

Most Comprehensive "Calm Corner" in a Binder, Pencil Box or Pocket!

Comes in 3 different printable sizes and as a digital notebook. Works as a Calm Corner in a binder (making it portable & easy to store). Or go with the smaller pencil box or pocket book sized ones, too! Awesome as personalized tools!

Over 100 Calming Activities!

You're sure to find exercises to meet ALL your student's interests and needs!

Low-Prep

Just print & Go (or click online)

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Your Brain & the Stress Response

Hard Concepts Made Easy to Understand

The story/lesson teaches kids complex ideas about the stress response, big emotions, and how to take good care of themselves in a developmentally appropriate way.

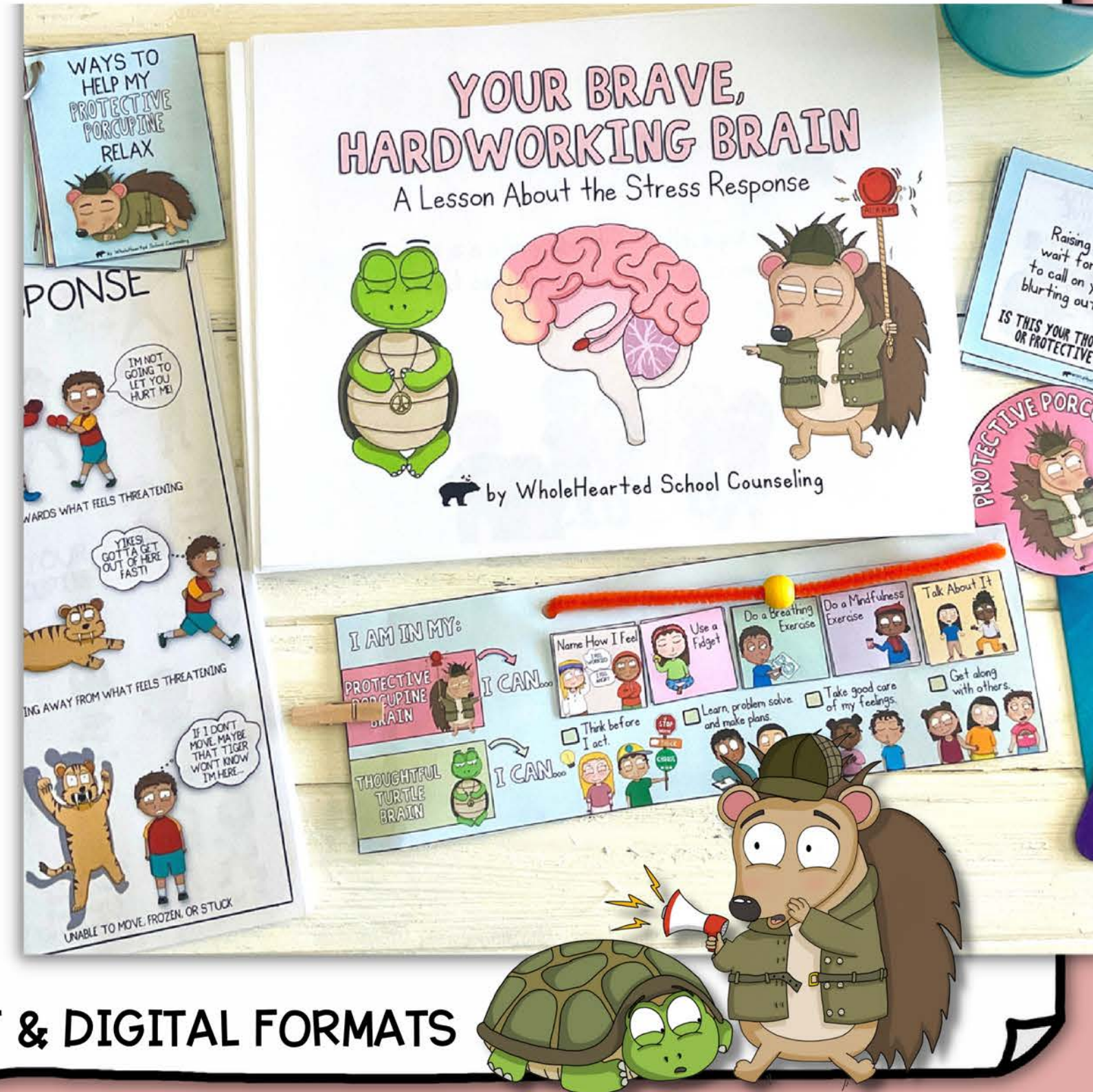
Kids Love It!

The Protective Porcupine and Thoughtful Turtle characters are super relatable & FUN!

Has Tons of Uses

Perfect for classroom lessons, individual & small group counseling, and learning at home. Read story or press play and watch the animated-narrated-with-music-video! Fun activities too!

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Behavior Reflection Think Sheets

Behavior Management Game-C

When kids make a mistake, these think sheets invite them to think about and reflect on unhelpful choices, process what happened in a non-threatening way, make repairs for any harm that was done and find solutions, move forward & make better choices in the future

Differentiation Options

Comes in printable Think Sheets and reusable interactive Choice Board (with tactile input). Think sheets have 5 different options for a wide range of learners.



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30 Breathing & Movement

30 Animated, Narrated with Music Videos
...that are perfect brain breaks and re-setting exercises! Play during transitions, start of the day, or times kids need to get focused or calm. And you can join in the fun, too!

Benefits Include:

- promotes self-regulation
- improves focus and attention
- help students feel more centered & calm.

Research Based Focusing On:

breathing, bilateral coordination, crossing the midline, gross motor and fine motor skills, and/or proprioceptive input.



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Focus Lesson & Privacy Office

Executive Function Lesson

Animated slide show teaches kids practical tools & actions to focus.

Privacy Office Activity

Students create their own privacy offices, with visual supports that reminds students how to pay attention.

Research-Based Focus Tools

Includes breathing, bilateral coordination, crossing the midline, gross motor, proprioceptive input, sitting up front, getting a drink of water, using a secret signal as a reminder to get back on task, keeping desk clean and organized, and writing a list.



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(Only Lesson is Digital)

Yoga for the Classroom

Designed For the School Setting In Mind

No yoga mats or getting down on the floor required. (Plus, kids don't have to take off their shoes, either!)

Choices for Differentiation

Many of the poses can be done sitting down at desks!

Movement Breaks Increase Focus and Learning, too!

Great as Brain Break and re-set exercises!

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SEL Journal

NEXT 5 SLIDES DETAIL EACH OF THE 5 JOURNALS...

☐ Kids Learn Social Emotional Skills in Under 15 Minutes a Day!

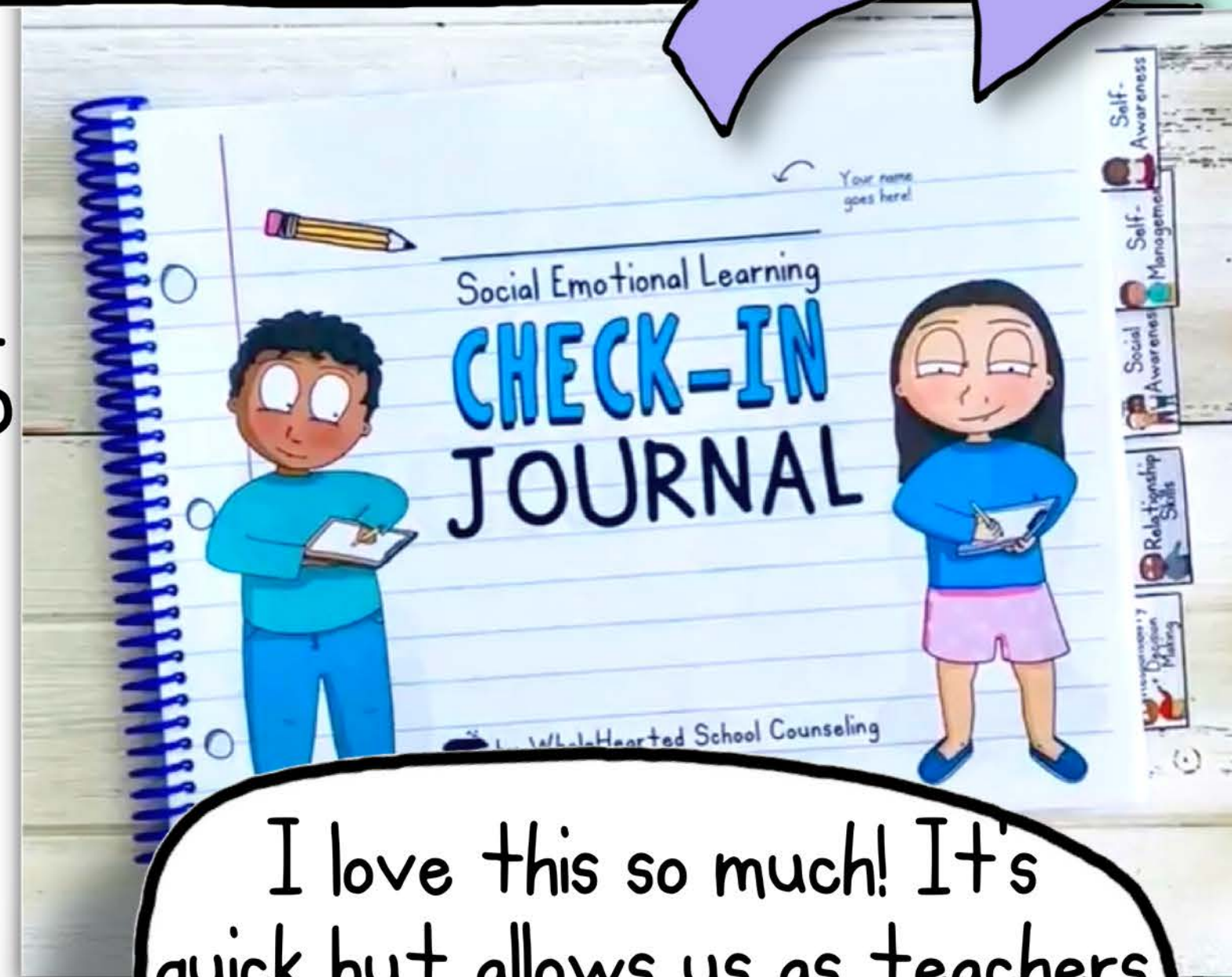
With over 200 feelings check-ins and concise SEL mini-lessons & activities, easily integrate SEL into your daily routine.

☐ Stay Connected & Informed

...with how your students are feeling & thinking: each entry includes a feelings thermometer & self-reflection writing prompt.

☐ Categorized into 5 Journals

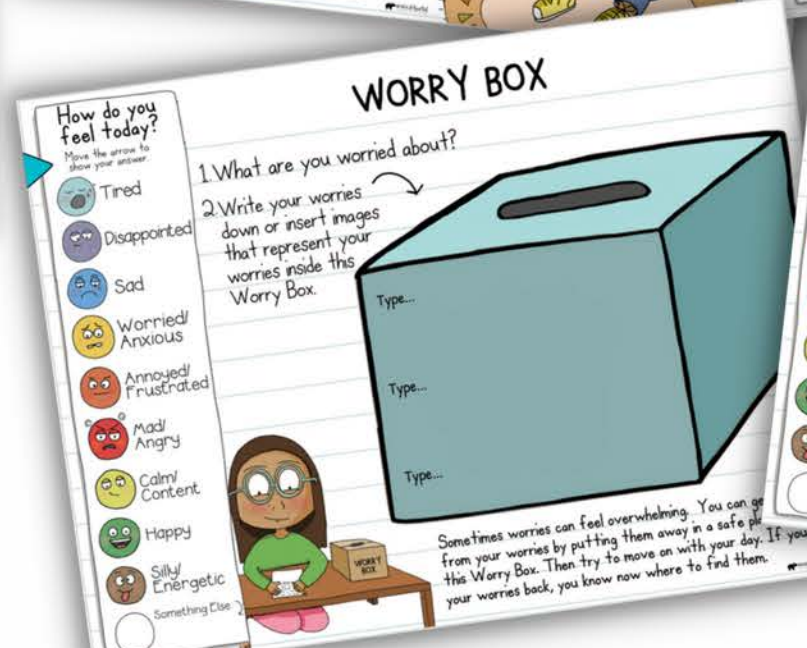
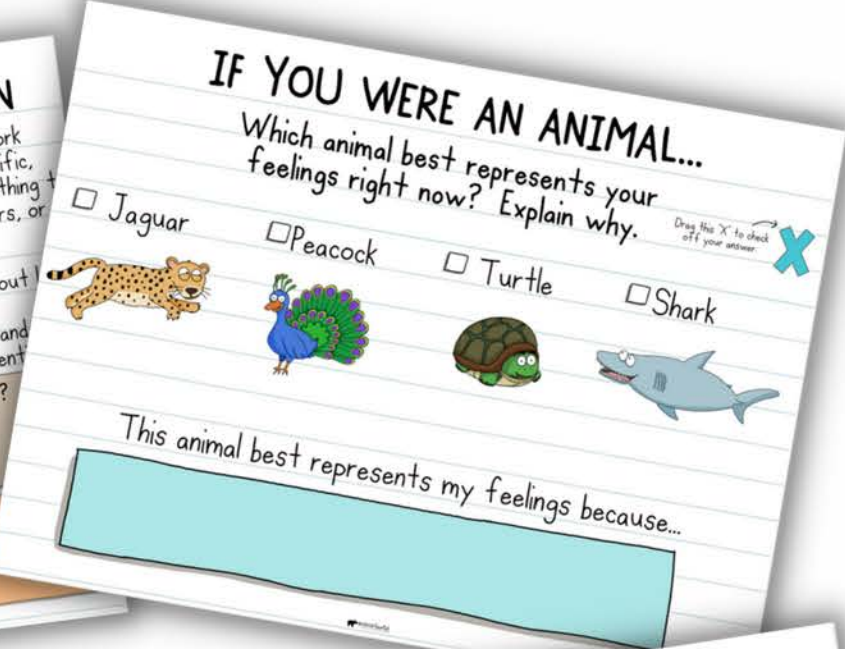
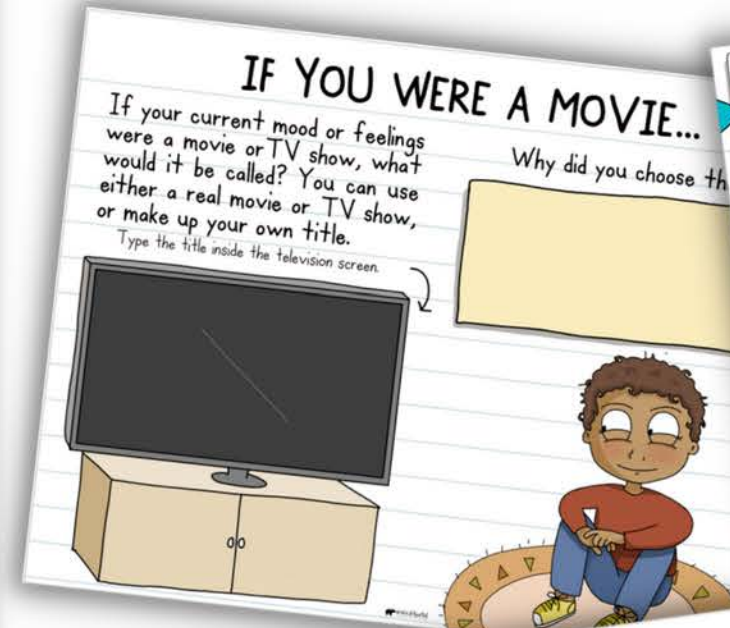
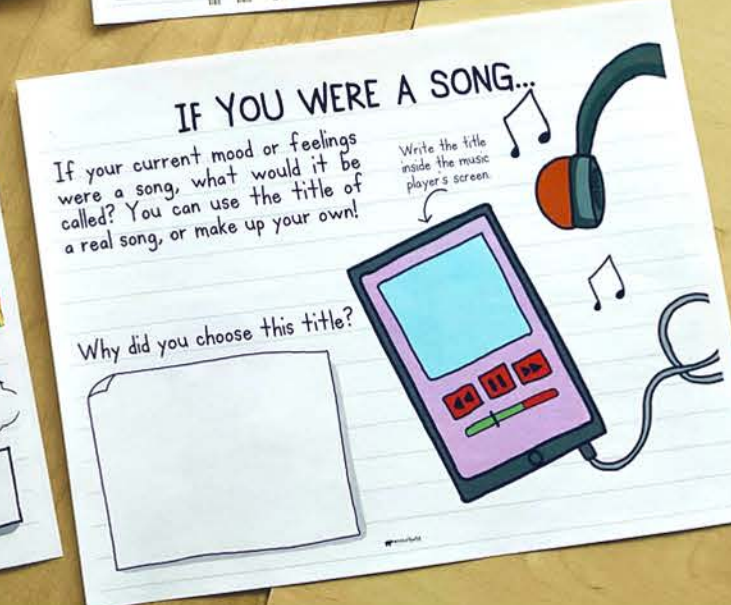
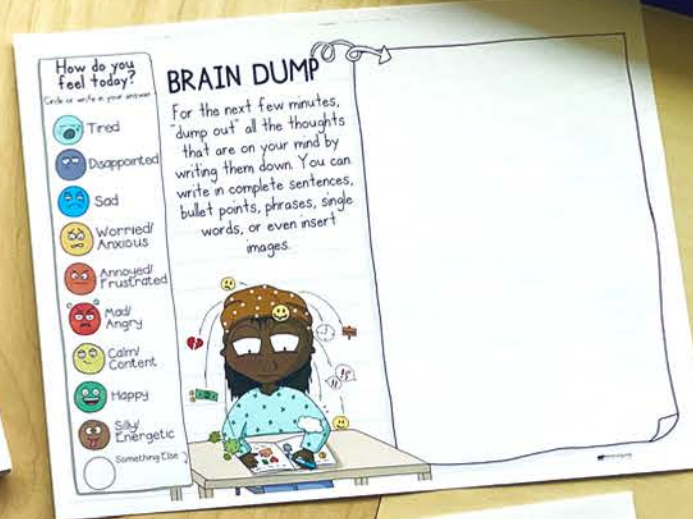
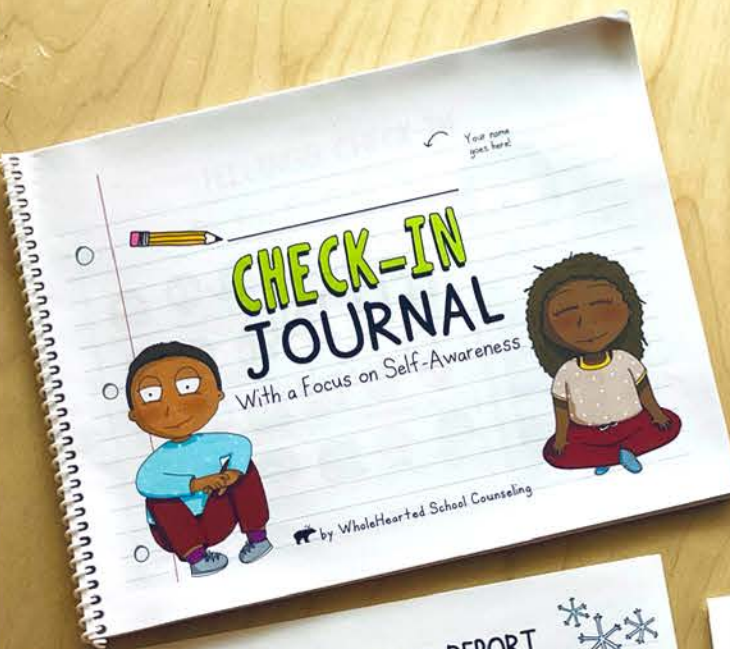
Download Bonus Resource for Binder Spine and tabs to put all 5 SEL Journals together.



I love this so much! It's quick but allows us as teachers to understand our students more. This is the perfect social emotional package!
-Graciela

Self-Awareness Journal

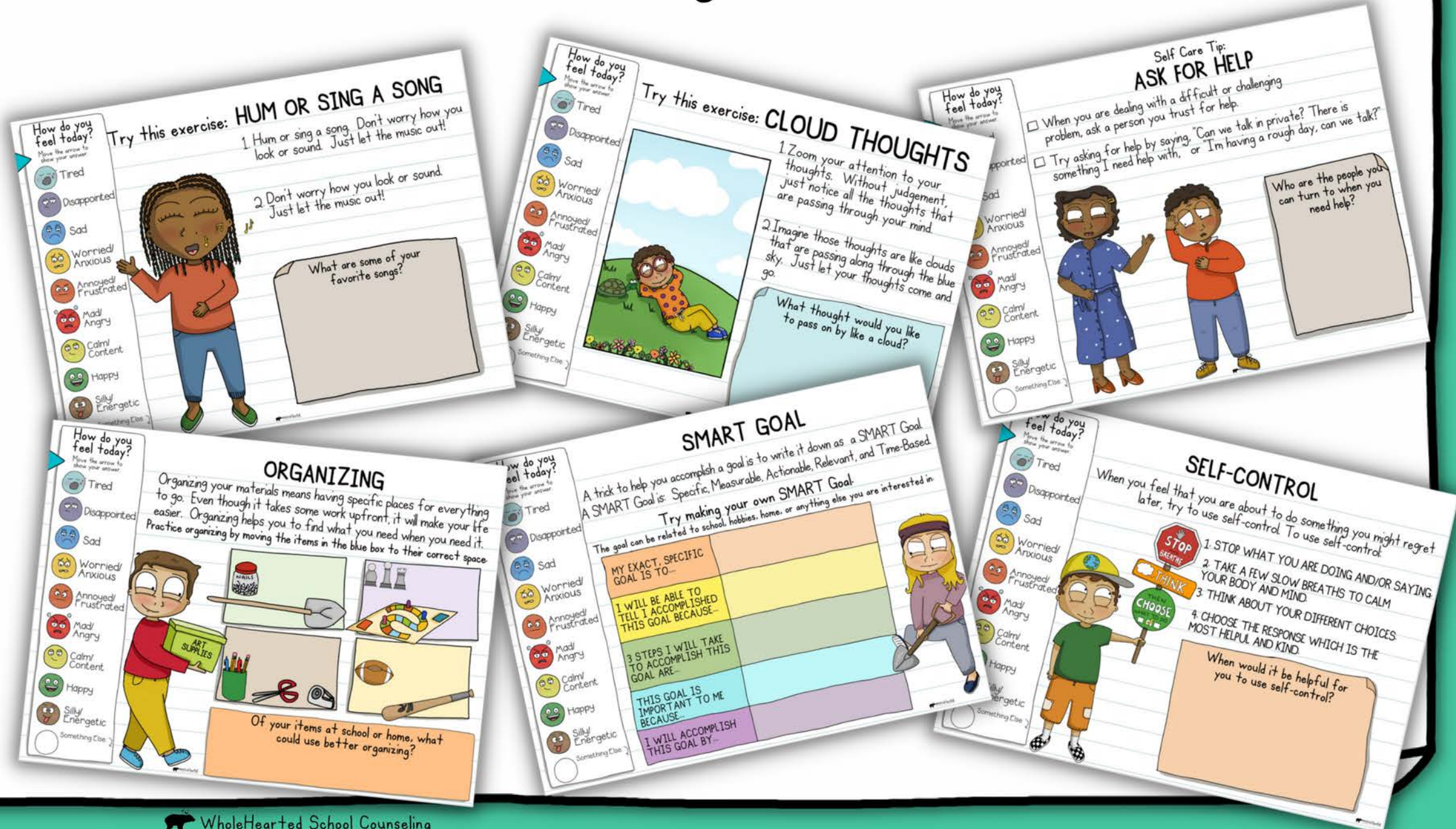
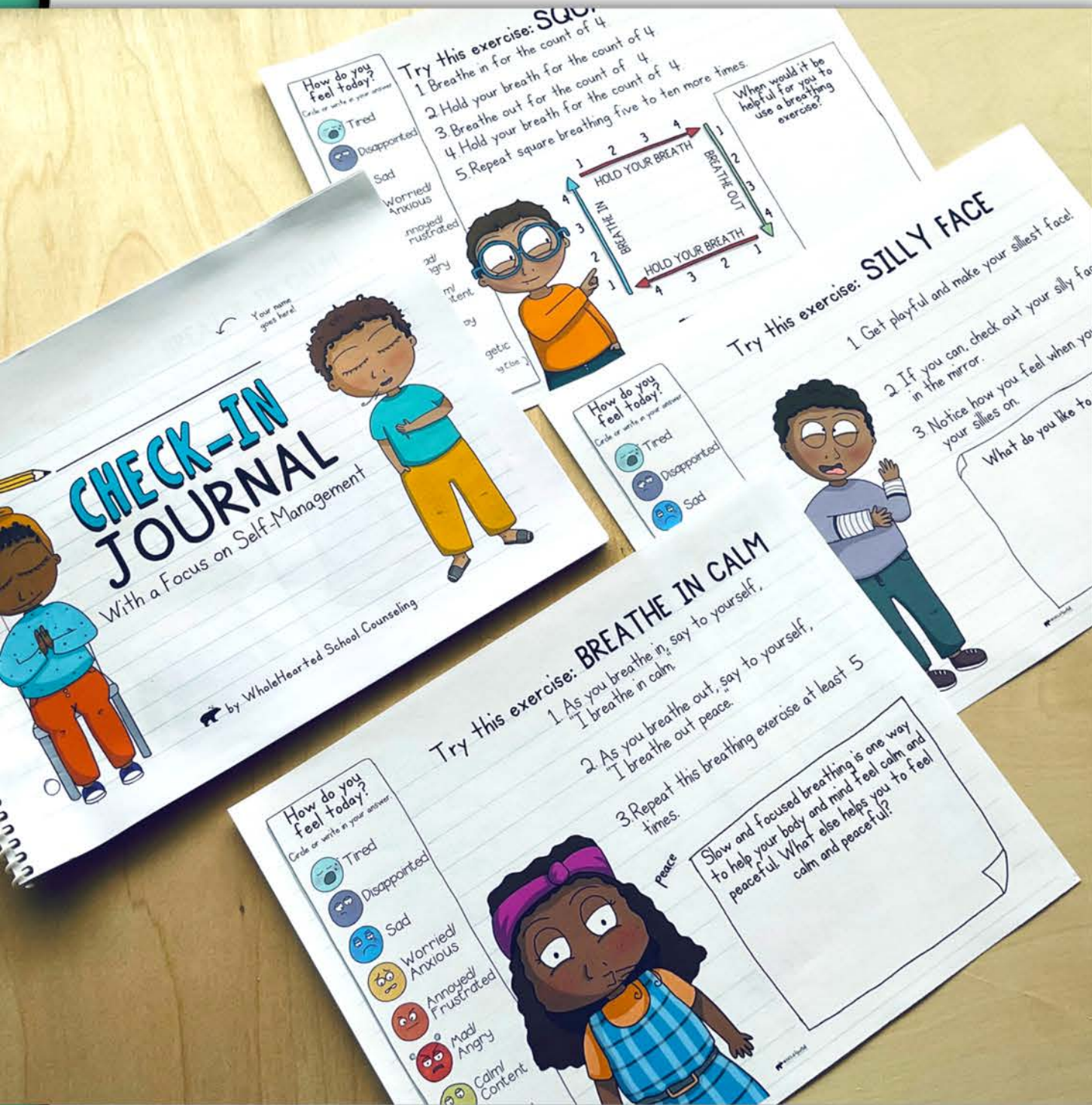
Topics Include:
Feelings Identification, Strengths, Resilience & Growth Mindset



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Self-Management Journal

Topics Include:
Coping Skills, Breathing Exercises, Grounding & Mindfulness Exercises, Social Supports & Executive Functioning



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Social Awareness Journal

Topics Include:
Social Cues, Perspective Taking, Empathy & Respect

SOCIAL CUES ARE FEELING CLUES
Social cues are the nonverbal signals or "clues" that people send through facial expressions, body language, and/or tone of voice that can tell you something about how they feel.

Based on his social cues, how does Saleem feel?

LOOKING DOWN
CRYING/TEARS
FROWNING
BODY HUNG OVER

When was a time you could tell how someone else felt based on social cues? What were the clues you noticed?

WHAT ARE THEY THINKING?
Paying attention to social cues combined with the situation can also give you clues to what a person might be thinking, too. Based on the social cues and situation, what do you think the characters are thinking? Write their thoughts in the thought bubbles.

Even though social cues can help you guess what a person is thinking, it is still just a guess. Write about a time when your guess about what another person was thinking was wrong. What happened?

How do you feel today?
Tired
Disappointed
Sad
Worried/Anxious
Annoyed/Frustrated
Mad/Angry
Calm/Content
Happy
Silly/Energetic
Something Else

CHECK-IN JOURNAL
With a Focus on Social Awareness

by WholeHearted School Counseling

BE A BODY LANGUAGE DETECTIVE
Find the body language clues that communicate how Jin, Isabel feel. Pay attention to their eyes, mouths, hands, posture.

Jin feels scared. How can you tell?

Isabel feels amused. How can you tell?

How do you feel today?
Tired
Disappointed
Sad
Worried/Anxious
Annoyed/Frustrated
Mad/Angry
Calm/Content
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Something Else

DIFFERENT POINTS OF VIEW
Everyone has their own point of view and unique perspective. People can see the same situation very differently.

If your friend was looking at cake from the side with the sprinkles, what shape would she see?

If another friend was above the cake, looking down on it, what shape would he see?

If you were looking at the cake from the side that shows the layers, what shape would you see?

Is any one person's point of view more right or true over the others? Why or why not?

How do you feel today?
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Annoyed/Frustrated
Mad/Angry
Calm/Content
Happy
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Something Else

AVOIDING MISUNDERSTANDINGS
Since everyone has their unique perspective, it's easy for people to misunderstand each other. Conflicts and misunderstandings can often be avoided when we take the time to listen to each other and consider their point of view.

What number does Chloe see?

What number does Darius see?

When was a time you had a different perspective from someone else? How did you deal with it?

How do you feel today?
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Sad
Worried/Anxious
Annoyed/Frustrated
Mad/Angry
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Something Else

HOW DOES JIN FEEL?
After months of challenging practices and hard work, Jin's basketball team won the championship game.

How do you think Jin feels?

Have you ever experienced that feeling before? What was that like for you?

How could you show that you care?

How do you feel today?
Tired
Disappointed
Sad
Worried/Anxious
Annoyed/Frustrated
Mad/Angry
Calm/Content
Happy
Silly/Energetic
Something Else

PUT YOURSELF IN SOMEONE ELSE'S SHOES
Have you ever heard the expression "put yourself in their shoes" or "walk a mile in their shoes"? This means to imagine yourself feeling, thinking, and experiencing another person's life, as if you were in their place.

Read the following situations and try putting yourself in their shoes.

Ana tripped and fell down in front of her classmates. How might you feel if you were in her shoes?

Anton couldn't find anyone who wanted to hang out with him during the break. How might you feel if you were in his shoes?

Grace won first place in the chess tournament. How might you feel if you were in her shoes?

How do you feel today?
Tired
Disappointed
Sad
Worried/Anxious
Annoyed/Frustrated
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Something Else

WHY DOES SHOWING RESPECT MATTER?
There are many reasons why it's important to show respect towards others, yourself, the earth, and even things or property. Why does showing respect matter to you? Check all the reasons that matter to you.

BEING RESPECTFUL...

- Helps you build positive relationships with others.
- Helps you to feel good about yourself.
- Helps you reach your goals.
- Helps you feel part of and connected to a community.
- Is just the right thing to do.

How do you feel today?
Tired
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Something Else

IF BODY LANGUAGE COULD TALK
When people feel certain emotions, those feelings can often be seen in a person's body. Anger can show up as clenching fists. Confusion can show up as a wrinkled forehead. Sliness can show up as uncontrollable laughter. Imagine that the body language gestures could "talk." What do you think they would be saying or mean?

List some other examples of how feelings can be seen in a person's body.

How do you feel today?
Tired
Disappointed
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Worried/Anxious
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Happy
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Relationship Skills Journal

Topics Include:
Communication Skills, Conflict Resolution,
Friendship, & Kindness

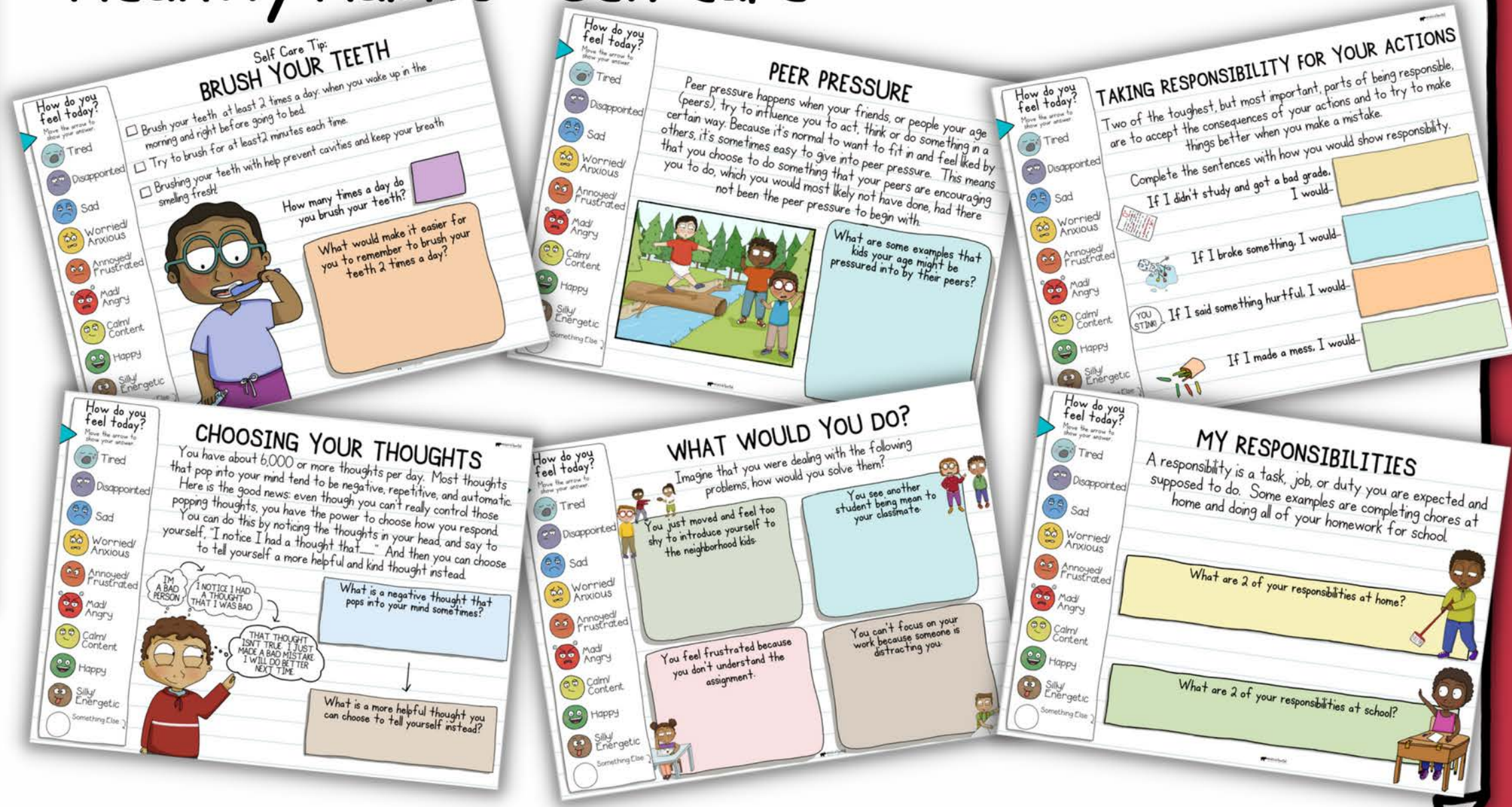


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Responsible Decision Making Skills Journal



Topics Include:
Being Responsible, Solving Problems, Making Positive Choices, Dealing with Peer Pressure, Healthy Habits + Self Care



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SOME OTHER
THINGS THAT

Others Are Saying

My daily mindfulness lessons for the entire year were right here. Thank you for the wonderful resource! Everything is included, and I could pick and choose what to print or what to cast to screen. Parents appreciated the content as well. Ten stars!
-Natalie P.

My students come from very challenging family situations. This bundle is fabulous and really helps them all to feel connected, loved and cared for as well as giving them the tools they need to cope with their everyday struggles. I can not recommend this resource enough! SO worth it!
-Groovy Grade One Two