

Be CALM Level I

Scope and Sequence for 6th & 7th Grades

Be CALM Skills: The Be CALM student curriculum promotes social-emotional skills through mindfulness. Program objectives are for students to learn and enact the Be CALM (Cool, Attentive, Logical, Mature) skills:

COOL	Dealing with thoughts and strong emotions in healthy ways, especially when facing stress and conflict.
ATTENTIVE	Noticing what is happening in your mind and body as well as in your environment.
LOGICAL	Being curious about your own and others' values, identities, and perspectives.
MATURE	Working out conflicts with others to support healthy relationships.

Program design: The curriculum consists of 16 x 45-minute sequential lessons, ideally delivered once per week. Active learning methods include modeling, video demonstrations of new concepts, 1:1 and small group peer discussion, and role plays. Each lesson includes a mood check-in, a “Mindful Moment” (a 3-5 minute developmentally appropriate mindfulness practice), and targeted skill practice during the week. Below is an overview of each module and lesson objectives.

Highly Recommended, Optional Lesson: Building Classroom Connections and Norms

During this lesson, students will learn to:

- Explore their connections to each other
- Develop and agree on norms on how to treat each other

Lesson 1: Introduction to the Be CALM Program and Mindfulness

During this lesson, students will learn to:

- Name the goals of the Be CALM program.
- Define mindfulness using the Key Be CALM phrases.
- Practice doing an everyday activity mindfully.

Module 1: Be COOL - Stress Management and Emotion Regulation

During this module, students will learn to:

- Notice their thoughts, feelings, and body sensations with curiosity and kindness
- Respond to stress and strong emotions in ways that support their own and others' wellbeing

Lesson	Objectives:
Lesson 2: Understanding Stress	<ul style="list-style-type: none"> • Increase students' understanding of what happens in their brain, body, and behavior when they experience stress • Identify personal stressors and those common amongst the class that may cause someone to “Flip Your Lid”

	<ul style="list-style-type: none"> • Practice Pressing the Pause and breathing
Lesson 3: Self-Awareness for Managing Stress and Strong Emotions	<ul style="list-style-type: none"> • Identify internal and external cues that indicate stress • Tune In to body sensations to feel the difference between stress and calm • Press the Pause and breathe when you notice stress or strong emotions as body sensations
Lesson 4: Tune In to Thoughts	<ul style="list-style-type: none"> • Increase awareness of thoughts and how they affect you • Press the Pause and notice thoughts with a Curious and Kind attitude
Lesson 5: Tune In to Feelings	<ul style="list-style-type: none"> • Assess the strength of feelings using the Feelings Thermometer • Tame, or tone down, an emotional reaction by naming feelings
Lesson 6: Choosing Functional Coping Strategies	<ul style="list-style-type: none"> • Practice gratitude as a strategy for coping with stress and strong emotions • Evaluate coping strategies to determine if they are “functional” or “faulty” • Identify a functional strategy for managing stress and strong emotions

Module 2: Be ATTENTIVE - Communicating Mindfully

During this module, students will learn to:

- Increase self-awareness of verbal and nonverbal communication
- Tune In to others with their full attention
- Listen for understanding
- Acknowledge others’ feelings and perspectives when communicating

Lesson	Objectives:
Lesson 7: Mindfulness of Nonverbal Communication	<ul style="list-style-type: none"> • Define communication • Understand the impact of nonverbal gestures and body language on communication • Increase self-awareness of nonverbal communication while listening mindfully
Lesson 8: Mindful Communication	<ul style="list-style-type: none"> • Identify 3 communication blockers. • Define three components of mindful communication. • Create examples of ways to communicate mindfully.

Module 3: Be LOGICAL – Clarifying and Affirming Identity and Values

During this module, students will learn to:

- Make sense of their values and identity
- Create a Path of Intention for making decisions, pursuing activities, and setting goals that support the person they wish to be
- Build resilience for persevering through hard times

Lesson	Objectives:
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Lesson 9: Exploring Identity and Values	<ul style="list-style-type: none"> • Explore and identify their many aspects of identity • Create self-affirmations for strengthening a positive sense of self
Lesson 10: Creating a Path of Intention	<ul style="list-style-type: none"> • Identify core values • Create a Path of Intention for being the person they wish to be
Lesson 11: Building Resilience on Your Path	<ul style="list-style-type: none"> • Understand how self-compassion builds resilience • Use self-compassion affirmations when they are going through a hard time • Appreciate the support and encouragement others offer during tough times

Module 4: Be MATURE – A Mindful Be CALM Approach to Social Conflict

During this module, students will learn to:

- Respect others, even when they disagree
- Consider their own and others' perspectives
- Choose a resolution that is realistic, respects everyone's identities and values, and ensures everyone gets something they want

Lesson	Objectives:
Lesson 12: Press the Pause and Be COOL	<ul style="list-style-type: none"> • Describe a Mindful Be CALM Approach for resolving social conflict • Consider possible consequences of reacting with a “Flipped Lid” to conflicts • Identify strategies to be COOL before attempting to resolve a conflict
Lesson 13: Tune In and Communicate Mindfully	<ul style="list-style-type: none"> • Express personal feelings and perspectives using blame free I-statements • Practice active listening to acknowledge another person's perspective and feelings
Lesson 14: Be Curious and Take Perspective	<ul style="list-style-type: none"> • Understand that individuals have different perspectives and there is often not one right view • Appreciate the value of being curious about multiple perspectives for resolving conflicts
Lesson 15: Be MATURE and Compromise	<ul style="list-style-type: none"> • Appreciate that compromise is a mature aspect of conflict resolution • Offer solutions that respects everyone's values and identities • Choose “win-win” resolutions – those that give everyone a little bit of what they want (within healthy bounds)
Lesson 16: Staying Connected	<ul style="list-style-type: none"> • Recall what they have learned in the Be CALM Program. • Reflect on how the Be CALM Program has impacted them • Set an intention to use and build Be CALM skills