

# Be CALM Level II

## Scope and Sequence for 8th/9<sup>th</sup> Grade

Updated November 2022

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

<b>COOL</b>	Managing thoughts and strong emotions in healthy ways, especially when dealing with stress and conflict.
<b>ATTENTIVE</b>	Paying attention to your own reactions and others' perspectives when interacting.
<b>LOGICAL</b>	Staying true to yourself while being curious about others' identities, values, and wellbeing.
<b>MATURE</b>	Working out conflicts with others to support healthy connections.

**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 self-reflection on practice during the week. Below is an overview of each module and lesson objectives.

### **Lesson 1: Introduction to the Be CALM Program and Mindfulness**

**During this lesson, students will:**

- Understand the rationale for the BCC program.
- Begin to develop an understanding of mindfulness.

### **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:
<b>Lesson 2:</b> Press the Pause! Lower Your Lid	<ul style="list-style-type: none"> <li>• Increase understanding of what happens in your brain when you experience stress and strong emotions</li> <li>• Practice the first step of mindfulness: Press the Pause on purpose to prevent stress and strong emotions from “flipping your lid”</li> </ul>
<b>Lesson 3:</b> Press the Pause and Tune In	<ul style="list-style-type: none"> <li>• Increase self-awareness of stress, including how it is experienced in the body</li> <li>• Identify a benefit of tuning in to thoughts, feelings, and body sensations</li> </ul>
<b>Lesson 4:</b> Name It to Tame It	<ul style="list-style-type: none"> <li>• Assess the intensity of an emotional reaction using the “Flip Your Lid” hand model.</li> <li>• Apply the Name It to Tame It strategy for identifying thoughts, feelings, and body sensations without judgment.</li> </ul>
<b>Lesson 5:</b> Choosing Coping Strategies Wisely	<ul style="list-style-type: none"> <li>• To identify coping strategies for managing stress and strong emotions</li> <li>• To learn an approach for making wise choices about strategies for dealing with stress and difficult situations</li> </ul>

### **Module 2: Be ATTENTIVE - Communicating Mindfully**

**During this module, students will learn to:**

- Notice how your thoughts, feelings, and experiences influence their communication with others.
- Listen without judgment and speak without blaming.

Lesson	Objectives:
<b>Lesson 6:</b> Mindful Communication	<ul style="list-style-type: none"> <li>Understand the impact of nonverbal communication</li> <li>Identify three components of mindful communication.</li> </ul>
<b>Lesson 7:</b> Listening Mindfully	<ul style="list-style-type: none"> <li>Identify when you or someone else is listening mindfully.</li> <li>Identify specific strategies that can help with listening mindfully.</li> </ul>
<b>Lesson 8:</b> Mindful Use of Social Media	<ul style="list-style-type: none"> <li>Identify how mindfulness can influence responses to digital communication.</li> <li>Increase awareness of how to use social media more mindfully.</li> </ul>

### Module 3: Be LOGICAL - Clarifying and Affirming Identities and Values?

During this module, students will learn to:

- Make sense of their own and others' identities and values.
- Stand up for what is ok and not ok for them.

Lesson	Objectives:
<b>Lesson 9:</b> Clarifying and Affirming Identities	<ul style="list-style-type: none"> <li>Increase awareness of multiple identities.</li> <li>Strengthen positive view of current and future selves through self-affirmations.</li> </ul>
<b>Lesson 10:</b> Taking Perspective on Yourself and Others	<ul style="list-style-type: none"> <li>Increase awareness of how our Frames of Reference influence our perspective and judgment of others</li> <li>Consider ways to avoid judging others</li> </ul>
<b>Lesson 11:</b> Staying True to Yourself	<ul style="list-style-type: none"> <li>Distinguish between affirming and harmful behaviors in close relationships.</li> <li>To consider when standing up for yourself and setting boundaries is important.</li> </ul>

### Module 4: Be MATURE - Resolving Conflict Mindfully

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, supports everyone's identities and values, and ensures everyone gets something they want.

Lesson	Objectives:
<b>Lesson 12:</b> Resolving Conflict by Staying Cool	<ul style="list-style-type: none"> <li>Describe a mindful approach for resolving conflicts.</li> <li>Identify different approaches to conflict (e.g., fight, flight, work it out)</li> <li>Consider how managing strong feelings supports kind, mature responses to conflict</li> </ul>
<b>Lesson 13:</b> Resolving Conflict with Effective Communication	<ul style="list-style-type: none"> <li>Describe how to use I-statements in communicating feelings in difficult situations</li> <li>Understand how and why to validate someone's perspectives and concerns in conflict situations</li> </ul>
<b>Lesson 14:</b> Resolving Conflict with Curiosity	<ul style="list-style-type: none"> <li>Understand the value of perspective-taking in the face of conflict</li> <li>View conflict scenarios through multiple perspectives.</li> <li>Identify curious questions to promote perspective-taking in conflict scenarios</li> </ul>
<b>Lesson 15:</b> Resolving Conflict with Kindness and Maturity	<ul style="list-style-type: none"> <li>Identify 3 criteria of mindful solutions.</li> <li>Understand how considering other person's needs and perspectives is kind and accepting not getting everything you want is Mature.</li> </ul>

### Lesson 16: Review and Reflect

During this lesson, students will:

- Reflect on learning in the Be CALM Program
- Set an intention to use and build Be CALM skills in ways that are meaningful to them.