



What is the Be CALM Program?

The Be CALM (Cool, Attentive, Logical, Mature) Program is a mindfulness-based social-emotional learning (SEL) program for middle and high schoolers that addresses emotion regulation, mindful communication, identity development, conflict resolution, and goal-setting with a focus on helping adolescents apply skills in their daily lives. It includes a 12-16 lesson curriculum embedded in strong professional development that cultivates adult SEL competencies and promotes mindful teaching and relationships.

How can I implement the Be CALM Program?

We offer a **FREE one-hour Mindfulness for Educators orientation workshop** for interested schools followed by a consultation to determine which implementation model best fits your needs. We offer a training series each school year, beginning in August, for individuals, organizations, and schools. Some choose to participate in just the foundational training while others continue on the path to teach the Be CALM curriculum. Organizations may consider the option to have a Be CALM coach deliver the curriculum.

Training Series Timeline:

Training is offered in the Triangle region of North Carolina or can be provided on-site.

Please contact us for school-wide and on-site pricing options.

- 1 2-Day In-Person Foundational Training: The How and Why of Mindful Teaching**
Investment: \$400 per person
- 2 Virtual Mindfulness Practice Sessions (six 45-minute sessions)**
Investment: \$100 per person
- 3 1-Day In-Person Be CALM Curriculum Training AND Virtual Program Delivery Support**
Investment: \$400 per person (price includes the teacher's manual with the full curriculum and access to unlimited delivery support meetings beyond the training year)

What is the evidence?

The Be CALM Program has been delivered to over 2000 North Carolina secondary students from predominantly rural areas with funds from the Institute of Education Sciences and Administration for Children and Families. Two evaluations suggest that trained teachers increase use of support strategies with students and experience decreased teaching stress. Students report being better able to regulate their emotions, cope with stress, and resolve conflict. Teachers also identified improvements in students' prosocial behaviors and academic motivation.

How do I find out more?

Contact us at info@becalmprogram.com or call 919-923-2896. Read more on our website www.becalmprogram.com.