

Scope and Sequence of the High School Be CALM Student Curriculum

Be CALM Skills: Be CALM promotes student success skills aligned with North Carolina's Portrait of a Graduate. The mindfulness-based student curriculum teaches skills like responsibility, respect for self and others, communication, and collaboration. Students are taught and coached to use the Be CALM (Cool, Attentive, Logical, Mature) skills:

COOL	Dealing with thoughts and strong emotions in healthy ways, especially when dealing with 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' perspectives.
MATURE	Working out conflicts with others to support healthy relationships.

The Tier 1 student curriculum consists of twelve 45-minute sequential, core lessons and four 45-minute supplemental lessons. Each lesson includes a mood-check-in, a Mindful Moment, active learning strategies, and skills to practice during the week.

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 1: Introduction to Be CALM Program and Mindfulness	<ul style="list-style-type: none"> • Understand how mindfulness and the Be CALM Program can benefit them. • Enhance understanding of mindfulness.
Lesson 2: Press the Pause! Lower Your Lid	<ul style="list-style-type: none"> • Increase understanding of what happens in your brain when you experience stress and strong emotions. • Practice Pressing the Pause on purpose to prevent stress and strong emotions.
Lesson 3: Press the Pause and Tune In	<ul style="list-style-type: none"> • Increase self-awareness of stress, including how it is experienced in the body. • Identify a benefit of tuning in to thoughts, feelings, and body sensations.
Lesson 4: Name It to Tame It	<ul style="list-style-type: none"> • Assess the intensity of an emotional reaction using the "Flip Your Lid" hand model. • Apply the Name It to Tame It strategy for identifying thoughts, feelings, and body sensations without judgment.
Supplemental Lesson: Choosing Coping Strategies Wisely	<ul style="list-style-type: none"> • Identify coping strategies for managing stress and strong emotions. • Learn an approach for making wise choices about strategies for dealing with stress and difficult situations.

Module 2: Be ATTENTIVE - Communicating Mindfully

During this module, students will learn to:

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

Lesson	Objectives:
--------	-------------

Lesson 5: Mindful Communication	<ul style="list-style-type: none"> • Understand the impact of nonverbal communication. • Identify three components of mindful communication.
Lesson 6: Listening Mindfully	<ul style="list-style-type: none"> • Identify when you or someone else is listening mindfully. • Identify specific strategies that can help with listening mindfully.
Supplemental Lesson: Mindful Use of Social Media	<ul style="list-style-type: none"> • Identify how mindfulness can influence responses to digital communication. • Increase awareness of how to use social media more mindfully.
Module 3: Be LOGICAL – Self-Awareness and Perspective-Taking During this module, students will learn to: <ul style="list-style-type: none"> • Better understand their character traits, strengths, and unique perspectives. • Develop curiosity about different perspectives. 	
Lesson	Objectives:
Lesson 7: Increasing Self-Awareness	<ul style="list-style-type: none"> • Increase self-awareness of personal character traits and strengths. • Practice positive self-statements.
Lesson 8: Taking Perspective on Yourself and Others	<ul style="list-style-type: none"> • Increase understanding of how life experience shapes perspectives. • Broaden perspective of others to promote connections.
Supplemental Lesson: Staying True to Yourself	<ul style="list-style-type: none"> • Identify helpful and harmful behaviors in close relationships. • Consider how standing up for yourself and setting boundaries is important.
Module 4: Be MATURE - Resolving Conflict Mindfully During this module, students will learn to: <ul style="list-style-type: none"> • Respect others, even when they disagree. • Consider their own and others' perspectives. • Choose a mindful resolution that is kind to self and others. 	
Lesson	Objectives:
Lesson 9: Resolving Conflict by Staying Cool	<ul style="list-style-type: none"> • Describe a mindful approach for resolving conflicts. • Identify different approaches to conflict (e.g., fight, flight, work it out). • Consider how managing strong feelings supports kind, mature responses to conflict.
Lesson 10: Resolving Conflict with Effective Communication	<ul style="list-style-type: none"> • Describe how to use I-statements in communicating feelings in difficult situations. • Understand how and why to validate someone's perspectives and concerns.
Lesson 11: Resolving Conflict with Curiosity	<ul style="list-style-type: none"> • Understand the value of perspective-taking in the face of conflict. • View conflict scenarios through multiple perspectives. • Identify curious questions to promote perspective-taking.
Lesson 12: Resolving Conflict with Maturity	<ul style="list-style-type: none"> • Identify three criteria of mindful solutions. • Be able to determine if solutions are Logical and Mature.
Supplemental Lesson: Staying CALM	<ul style="list-style-type: none"> • Reflect on what they have learned in the Be CALM Program. • Set an intention to continue using helpful strategies.