What grades do you teach?

Please add a sticker to the flip chart at the front
Tools for a Calm Classroom

Theresa McIsaac and Nannette Gropp
Health Promotion Facilitators
Tools for a Calm Classroom

Handout: Resource List

WHAT'S IN YOUR TOOLBOX?
TOOLS FOR A CALM CLASSROOM
Handout: Self-reflection

What contributes to a calm classroom?

What calming activities do I use with my class?

What tools will I use to create a calm classroom?
What’s in your Toolbox?

1) Teaching Stress Awareness

2) Calming Strategies

3) Movement Breaks
Tools for a Calm Classroom

What is “calm?”
What is “stress?”
What Causes Stress for Students:

- Home life
- Expectations from school
- Having to perform (e.g., sports/dance)
- Relationships
- Adverse Childhood Experiences
- Other?
Educational Video:

Tools for a Calm Classroom

Teaching Stress Awareness
Stress Awareness: Signs & Symptoms

- Cognitive
- Emotional
- Physical
- Behavioural
Stress Juggling 101

What changes did you observe...

Cognitively?
Emotionally?
Physically?
Behavourally?
Tools for a Calm Classroom

Worksheets & Lessons from AHS:

https://www.albertahealthservices.ca/info/Page13368.aspx
Anxiety Canada - How to Chill

Tense And Release - How To Do It

10 Minute Tense and Release:

During this exercise you will be focusing on one muscle at a time, squeezing and contracting it for about 10 seconds and then totally letting go of the muscle. Let’s practice the two steps before we begin.

Step 1: Tense

First, focus on one muscle group at a time (for example, your left hand). Next, take a slow, deep breath and squeeze those muscles until you feel warmth and some pressure for about 5-7 seconds. It is important to really feel the tension in the muscles, which may even be a bit uncomfortable or cause a little shaking. So for the left hand, you would be making a tight fist.

www.anxietycanada.com
Tools for a Calm Classroom

Anxiety Canada

https://www.youtube.com/watch?v=VRKcDAOILI4

https://www.youtube.com/watch?v=rS6Ov4DsfJ0
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https://more.hmhc.ca
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“We have to teach a child how to be calm and how to enjoy it.” - Dr. Stuart Shanker
Calm Welcoming Spaces

- School and classroom environment
- Visual stimulation
- Auditory stimulation

Tools for a Calm Classroom

Classroom Environment Checklists, Design Elements  www.self-reg.ca/individualtoolkit/
Tools and activities:

• music, singing
• mind jar / glitter jar
• coloring sheets e.g. Print Mandala
• positive rocks
• re-frame messages
• puzzles
• essential oil diffuser (only use water)
• tea station
• animals
• finger labyrinth
Your thoughts are like the sparkles in this jar…
take slow deep breaths and watch the sparkles settle to the bottom.

Hearts Falling Glitter Jar (0:52 sec)
https://www.youtube.com/watch?v=_Zrc7hnezUg
Breathing and Mindfulness Activities

• Be aware of your breathing
• Calms the body
• Sharpens focus

Websites and Apps

• Univ of Berkley - Mindful Breathing Instructions
• Guided meditations and breathing Audio Examples
• HeartMath
• How to Breath Mindfully – lesson plan

• The Breathing Room
• MindShift
• Headspace
• Calm
• RelaxMelodies
• Insight Timer
• Smiling Mind
• Mindfulness for Teens
Belly Breathing
Diaphramatic Breathing

1. Stand, sit or lie down comfortably in a quiet place.

2. Close your eyes and loosen any tense muscles. Make sure to relax your shoulders.

3. Place one hand on your upper chest and another on your belly button.

4. Breathe in slowly through your nose for three seconds. Feel your stomach expand. Your chest should remain still.

5. Breathe out slowly through your mouth for three seconds. Feel your stomach move back.

6. Repeat steps 4 and 5. Gradually increase the time you take to breathe in and out.

Four seconds in and four seconds out, five seconds in and five seconds out.....
Mindful Breathing

Drain
Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssssshhh” sound and release all your muscles, draining out the stress.

S.T.A.R.
Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

Pretzel
Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

Balloon
Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pfffpppp” sound.

Mindful Minute for Kids (1:16)
https://www.youtube.com/watch?v=ZME0JKiweL4

https://consciousdiscipline.com/free-resources

Grounding Exercise

5 things you see
4 things you feel
3 things you hear
2 things you smell
1 thing you taste
CEO’s, Politicians, Athletes, Artists & Musicians, Pro Gamers and Scientists

LeBron James   Kobe Bryant   Derek Jeter   Barry Zito
Hayley Wickenheiser   Misty May-Treanor & Kerri Walsh
Mike Komisarek   Christopher Higgins   Mike Nystrom
Jamie Anderson   Erin Hamlin   Katy Perry   Madonna
Kristin Bell   Russel Brand   Hugh Jackman
Oprah Winfrey   Elizabeth Blackburn
Daigo Umehara & Hajime “Tokido” Taniguch
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24 Hour Movement Guidelines for Children and Youth

1. SWEAT
2. STEP
3. SLEEP
4. SIT

https://csepguidelines.ca/
Tools for a Calm Classroom

Stretching & Yoga Activities

1. Straighten Up
2. Bending Star
3. Twisting Star
4. Crossover Star

http://befitforlife.ca/resources/yoga-techniques
http://straightenupalberta.com/program/kids/
Tools for a Calm Classroom

Movement and Stress Management

The cards are divided into a variety of sections:

- **LET GO** – promote relaxation.
- **ANCHORED BREATHING** – focus on the moment.
- **BALANCING** – balance energy.
- **ENERGY PLAY** – utilize energy efficiently.
- **PICK ME UP** – clear negativity.
- **EMPOWER** – overcome challenges.

Choose a technique from the section that is best suited to the situation you are experiencing. Each section includes options prompts provided or create your own.

http://befitforlife.ca/resources/zen-me/
Tools for a Calm Classroom

Stories & Videos for Movement

As Big as the Sky, as Tall as the Trees

Written by Leah Yardley
Illustrated by Adam Blacksmith

Jaime’s Brain Breaks | 1. Ready to Launch!

http://www.cosmickids.com

http://befeitforlife.ca/resources/asbigasthesky
• Re-design your work station and classroom
• Minimize sedentary behaviour (sitting)
• Move, wiggle and fidget
• Stand, sit back and relax
• Stationary bikes, exercise balls, stools, wobble boards, bistro tables, standing desks, couches, bean bag chairs
Discussion

What tools will I use to create a calm classroom?
Tools for a Calm Classroom

Provincial Teacher Resource List

The Comprehensive School Health Approach

A healthy school community is one that supports the wellness of all its members (students, teachers, staff, and parents) and strives to be a healthy setting for living, learning, and working.

How Can You Build Healthy School Communities?

Comprehensive School Health is an internationally-recognized and effective approach for building healthy school communities. It can be used to address a variety of health issues and can improve health, education, and social outcomes for children and youth. The resources on this website are meant to support teachers, students, school administrators, school jurisdiction staff, health professionals, parents, and community members in building healthy school communities.

Explore the topics below and discover resources to support healthy school communities:

1. Introduction to Comprehensive School Health
   Learn about the basics of comprehensive school health and how it supports student health and educational success.

2. Steps for Building Healthy School Communities
   Discover tools and templates that support the process of building a healthy school community.

3. Healthy School Policy
   Interested in working on policy to support student and staff wellness? These tools will help you develop and implement a healthy school policy.

4. Partnerships and Services
   There are many organizations in Alberta that support the comprehensive

www.ahs.ca/csh
Free Mental Health Resources

**Youth Brochures** (English and French)
- Depression
- Stress
- Exam Stress
- Anxiety
- Parenting Positive Mental Health

(English only)

**Stress Posters** (English and French)

**HeartMath Posters** (English only)

**Mood Magnets** (English only)

**Disaster Resources** (English and French)
- Helping Your Child or Teen Prepare Emotionally for a Disaster or Emergency
- Helping Children and Teens Respond to a Disaster or Emergency
- Emotional Wellbeing Tips for Children and Emergency

**Coming Soon!**
- Self-management for depression and anxiety booklet for teens.
- Your teens Mental Health: Self-management for depression and anxiety. A practical guide for parents and caregivers.

To order free copies of these resources go to: https://dol.datacm.com/
Login ID: mentalhealthresources
Password: mh2016

(Formally Adolescent Depression Pathways Brochure series for teens and parents/caregivers)
Contact Me!

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Health Promotion Facilitators
School Health & Wellness
Promotion Team

www.ahs.ca/csh