

# PROFESSIONAL DEVELOPMENT FOR EDUCATORS



Unique and practical classroom management tools

Suitable for all classroom teachers, School Counselors, OHSC Coordinators, and all Educators

Improve your students' learning and behaviour by implementing simple and practical tools into your class day: breathing, peer massage stories, relaxation, guided visualization and affirmations.

Increase performance, enrich classroom management and create a positive learning environment.

Teachers and students will become more relaxed, centered and focused.

**Full Day Workshop \$150 per person**

*Calm for Kids - helping children become caring, healthy and happy adults*

The Calm for Kids program was created to teach students techniques that will benefit them for the rest of their lives. The program aims to help students learn and appreciate the benefits of relaxation; manage their feelings and emotions and promote a positive self image and self esteem. Simple relaxation techniques empower children to develop caring attitudes to each other and to feel the freedom of experiencing quietness and the simplicity of 'being' in their day to day lives.

Research has shown that we make our best decisions when we are calm. The more calm you are the more options you are likely to consider in any circumstance; you will not only have a clearer immediate response but are more likely to consider consequences of your actions and you are likely to be able to think through a problem creatively. When we are calm it is far more possible to access the information in our subconscious than when we are not. Developing methods of calming and focusing children's minds will help them in many parts of their lives.

Designed for the classroom, Calm for Kids offers simple activities that anyone can do. When implemented regularly, relaxation strategies help teachers manage their own stress and show up as a positive model for their students.

#### **Benefits of the Calm for Kids for Students:**

- relaxing the body
- quietening and focusing the mind
- helps students stay calm in a stressful situation
- improving concentration levels
- developing coping skills to deal with emotions, anxiety and stress
- develops skills to promote calm and optimistic states that promote the achievement of goals
- helps manage strong feelings such as frustration, anger and anxiety
- promotes establishment of neural pathways
- increasing attention span and improving memory
- improving self esteem and self concept, helps students feel more confident and happy
- encouraging healthy growth and development
- enhancing social skills, developing skills such as cooperation and teamwork
- helps students establish boundaries; respect the right to physically engage with another person
- promotes self-motivation

#### **Benefits of Calm for Kids for the School:**

- promotes positive relationships
- a sense of unity in the entire school; a common understanding
- creates a school culture where everyone shares a common "language of wellness", creating a sense of community and harmony within the school.
- can be used across all classes - Prep to Year 7
- the same activity followed by a wide age range of children
- higher achievement
- breaking down barriers; culturally inclusive
- promotes healthy pro-social behaviour

#### **Benefits of the Calm for Kids program for Teachers**

- skills that can be used with students in the classroom for class management
- greater levels of accomplishment during the teaching day
- calmer class environment
- caters for all learning styles
- students less likely to display difficult classroom behaviours
- learning skills to assist in personal relaxation, health and wellness

## Meeting the Curriculum

### Social and Emotional Learning (SEL)

We believe that Calm for Kids succeeds in developing the following core social and emotional competencies:

**Self-awareness:** through discussion on how to use the breath to calm the students, we are teaching them how to recognise negative emotions; giving the students the opportunity to improve their balance and physical poise can contribute to an increased sense of self-confidence, as can the use of positive affirmations

**Self-management:** the use of the breath, relaxation and visualisations are all tools to regulate emotions to handle stress, control impulses, facilitate calm in a given situation, and motivate students to persevere in overcoming obstacles; visualisations and positive affirmations assist students with expressing emotions appropriately

**Social awareness:** peer massage enables students to recognise and appreciate individual and group similarities and differences

**Responsible decision-making:** Calm for Kids works with the students breath to calm their mind before making decisions. The more calm you are the more options you are likely to consider in any circumstance; you will not only have a clearer immediate response but are more likely to consider consequences of your actions and you are likely to be able to think through a problem creatively.

## Program Structure

### The Calm for Kids Professional Development Workshop comprises the following components:

**Breathing Exercises:** Bringing awareness of the breath and how we can use it in different circumstances - to help calm and balance the body, reduce stress and anxiety. Deep breathing is the first step in lowering stress in the body. University studies have shown that focusing on your breath for 1 minute every hour can reduce anxiety levels by 44%.

**Peer Massage:** Helps to strengthen the immune system by stimulating the production of white blood cells, lower stress levels and increase the production of relaxing hormones such as Oxytocin and Endorphins. By extending their sense of touch out to others in a caring and loving way students have the opportunity to learn to communicate with tremendous respect towards their own bodies and those of other people. Respect is crucial when delivering this component of the class with the students and they always ask permission before touching another student.

**Guided Relaxation:** Tension in the body can be changed by working on the muscles. Paying attention to the muscles helps us gain body awareness, helps relieve tension and cope with stress. Relaxation can also lower high blood pressure, relieve chronic fatigue, and improve resistance to disease. Long-term effects of regular practice of progressive muscle relaxation include: a decrease in generalized anxiety; improved concentration; an increased sense of control over moods; and increased self-esteem

**Visualisation:** Awakens creative thought processes and imaginations while giving students the opportunity to deeply relax and rejuvenate. *Einstein said that 'Imagination is more important than knowledge'*. Guided imagery helps to tap into rich visual images that can help students to relax into learning while acquiring better listening skills, improving their creative ability and developing better artistic, academic and sporting ability. By stimulating visualisation we help children improve their expressive and receptive language skills. Our goal in doing visualisation with children is simply to decrease stress, boost learning and develop memory.

**Affirmation:** By making positive, affirming statements to children, you program and encourage them in a positive way, enhancing their self-esteem and their faith in themselves. When children hear words of praise and encouragement they learn to love, praise and respect themselves. Children are given an Affirmation card to take with them at the end of every class. The positive affirmations are reinforced by activities within the classroom environment. *Examples of affirmations used to promote self-esteem: I am kind to others; I am confident - I can do it; I feel happy; I am calm and relaxed.*

## **Full Day Workshop**

**\$150.00 (inc. GST)**

### **Participants attending the full day workshop receive:**

- Practical demonstrations using the tools and techniques from the Calm for Kids manual. This comprehensive training empowers teachers to implement the Calm for Kids techniques in the classroom.
- Comprehensive Teacher's Manual complete with exercises and activities designed for the classroom.
- Morning Tea is catered for
- Additional materials are provided at each workshop
- Available for purchase at each workshop are relaxation CDs and books that can be used with the students in the classroom

### **Calm for Kids Mission Statement**

The mission of Calm for Kids is to provide high quality and fun learning of relaxation techniques to all children, empowering their self esteem and giving them the coping skills for becoming caring, happy and healthy adults.

### **Calm for Kids Vision**

The vision of Calm for Kids is that every child experiences the positive and lifelong benefits of learning relaxation techniques that calm and rejuvenate them, to create a better balanced, more harmonious world

### **Contact Details**

Website: [www.calmforkids.com.au](http://www.calmforkids.com.au)

Email: [info@calmforkids.com.au](mailto:info@calmforkids.com.au)

Head Office Phone: 07 3343 3285

Head Office Fax: 07 3343 3285

Postal Address: P O Box 1485

Carindale QLD 4152