

Calm Classroom Training



The Early Learning Coalition of Duval is pleased to offer Calm Classroom training to eligible child care and early learning providers. Calm Classroom is a type of meditation used in child care and school districts throughout the United States, including 117 Duval County Public Schools.

Calm Classroom is simple to teach and implement and is beneficial to children, teachers, and support staff. Best of all, the training is free.

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"This is an awesome and eye-opening course. I am definitely more aware of my students needs and I have more empathy for them." - K.K.

Benefits of Calm Classroom

- Calmer, more peaceful minds
- Relaxed body
- Lower stress levels
- Greater emotional regulation
- Improved ability to remain focused

Implement

Use Calm Classroom practice twice a day to create a calmer and more serene environment



Who Should Participate

Teachers and support staff of 3-, 4-, and 5-year-olds

Training Requirements

- Two-hour E-learning course (self-paced) - Provides an understanding of mindfulness and prepares staff to implement the program in their classroom.
- One-hour virtual Professional Development - Prepares staff to teach Calm Classroom, practice techniques, and finalize introducing their plan to the children.

Material

Participants will receive the Calm Classroom Kit and the Pyramid Model Preschool Classroom kit.



Interested?

If you are interested in participating in the Calm Classroom training, please complete the form (on back) and email it to ddecastro@elcduval.org.

Participants will receive in-service hours upon completion of trainings.

How to Register for Calm Classroom



1. Complete the form below and email it to: ddecastro@elcduval.org.
2. A registration link will be emailed to staff listed to register for the Calm Class e-training.
3. Upon completion of the e-training, submit certification of completion to referrals@elcduval.org.
4. ELC of Duval will contact individuals to set-up the one-hour virtual Professional Development training and issue the Calm Classroom Kit.
5. Upon completion of the one-hour Professional Development training, participants will receive the Pyramid Model Kit.

Three additional components (Professional Development) are available for interested participants, but are not required.



Center Name and Address		
Center Director:		
Staff Name	Staff personal Email	Staff Phone Number



"For the first time, I learned how to clear my mind and be present in the moment!" - D.D.

"This class "has given me a tool to help me, help myself....words can't express my gratitude." - B.C.