



Why We Create CALM

Research shows that a strong social and emotional foundation can significantly impact children's positive attitudes and behaviors, academic performance, career path, and adult health.¹

Our partner schools are dedicated to supporting social emotional learning and educating the whole child. In partnership with Create CALM, a non-profit yoga and mindfulness education program, these schools and educational organizations are providing essential cornerstones for fostering positive outcomes in personal, academic, and athletic endeavors and inviting children to be **CALM -- Confident, Active, Loving, and Mindful.**

Create CALM instruction extends beyond extra-curricular activity and simple exercise. Demonstrating core competencies of social emotional learning as established by the Collaborative for Academic, Social, and Emotional Learning (CASEL), the Create CALM curriculum provides a process through which students acquire and apply knowledge, attitudes, and the tools to understand and manage the body, thoughts, and emotions.

Through purposeful play, movement, sharing, communication, and listening to the needs of themselves and others in a non-judgmental, inclusive space, Create CALM students learn to:

set and achieve positive goals
feel and show empathy
make sound decisions
improve self-confidence & self-control
cultivate and maintain positive relationships
develop a simultaneous sense of individuality and connectedness
enhance executive functioning skills²

Scientifically-researched yoga poses and movements along with breathing techniques, mindfulness practices, and positive affirmations are provided to strengthen the immune system, decrease cortisol - a prominent stress hormone - and enhance baroreceptor and neuro-pathway functions.³

The Create CALM Yoga and Mindfulness Program offers a fully integrative learning experience in which internal guidance systems are developed and strengthened to enhance external fortitude through alertness, awareness, compassion, and consistency. Create CALM's unique method of integrative learning optimizes every student's capacity to connect with and contribute to their own happiness, health, and academic success as well as positively impact their communities.

¹ D. E. Jones et al, "Early Social-Emotional Functioning and Public Health: The Relationship Between Kindergarten Social Competence and Future Wellness," American Journal of Public Health 105(11) (2015): 2283-2290

² S. P. Purohit, B. Pradhana, "Effect of yoga program on executive functions of adolescents dwelling in an orphan home," Journal of Traditional Complementary Medicine (2017)

³ K. Heagberg, "This is Your Brain on Yoga", Yoga Journal. (2016)