

The Chaos-to-Calm Checklist for Teachers

Your ultimate guide to a **peaceful & focused** classroom



Hi! I'm Kira. I bring easy, fun mindfulness to kids and their grownups through my books, music and trainings. In this new, free guide, I'm going to help you create a calm, focused learning environment using super-simple yet powerful mindfulness tools.

Before we get into it, let's talk about why you should incorporate kid-friendly mindfulness into your classroom on a consistent basis.

Here are four great reasons:

Emotional regulation:

Mindfulness helps young children manage their emotions—reducing outbursts, helping build resilience, and supporting positive behavior.

Coping with stress:

Mindfulness gives children tools to manage anxiety and stress. Stressed-out kids are not ready to learn!

Improved academic outcomes:

Simple mindfulness activities enhance kids' ability to pay attention, follow instructions, and concentrate on tasks.

Teacher/student connection:

Mindfulness leads to better communication and understanding between teachers and students, leading to an overall more harmonious environment.

Imagine a classroom of kids who are able to regulate their emotions and who have practical tools to cope with stress.

Imagine your students becoming more focused and calm, more connected with you and with each other, and as a bonus, improving their academic performance.

This transformation is possible! It starts right here, right now.

Sound good? Let's go!





A Calm Classroom Starts with You



Your stress level significantly impacts your students, and greatly influences the classroom environment. Research shows that students mirror their teacher's stress, leading to increased anxiety and behavioral issues (no thank you). Here are some ideas to help you show up as your best self—because the truth is, the most valuable resource you can give your students is the calmest, most grounded version of **YOU**.

Choose one of these ideas and stick with it for a week, then review and refine as necessary:

- ✓ **Start your morning off right:** Set yourself up for success by eliminating as many decisions and to-do's as you can the night before. Choose clothes, prep breakfast for yourself and your family, set the timer on the coffee machine, tidy up as best you can.
- ✓ **Add self-care to your morning routine:** Commit to at least one small practice in the morning and attach it to something you already do. For example, maybe you do one minute of stretching after brushing your teeth every day. Maybe it's 5 minutes of quiet meditation or journaling before the kids get up (a morning "brain dump" onto paper of all the things you're thinking about can be game-changing).
- ✓ **Shake up your commute:** Drive a different route to school and notice how it feels. Arrive a few minutes early to sit in your quiet car and just breathe. Park farther away than usual and walk slowly in, feeling the air around you. If you take public transit, try observing your surroundings instead of looking down at your phone/device/book.
- ✓ **Visualize a good day ahead:** Take a moment to be still, breathe, and imagine the best possible unfolding of your day. Use your senses: how will a great day look, sound, and feel?
- ✓ **Remember your "why":** What brought you to teaching in the first place? Reconnecting with that feeling can be a powerful motivator to help you keep moving forward in a positive way.
- ✓ **Take care of yourself during the day:** Don't skip lunch! Drink lots of water. Get outside, even for a minute, if you can. Stretch and move your body frequently. Make your desk and chair pretty and comfy (maybe with a throw blanket you bring from home) so you truly enjoy it.
- ✓ **Build in JOY:** Connect with others during lunch instead of diving into your phone, or call a friend. Take a one-minute dance break by yourself to your favorite song. Imagine a trip you're planning. Whatever it is for you, connecting your body and mind to joy is a powerful form of self-care!

BONUS GIFT!

I believe so much in the work you're doing. You're changing the world, day in and day out, often with little appreciation. Know that you are so valued, and that the work you're doing is so, so important.

To help you take care of yourself, here's a short & sweet self-care meditation I created for you. Less than 3 minutes long, it's designed to help ground you in the present moment and bring a sense of calm at any time of day.

Just press play!



Set Up Your Space for Success

A calm physical environment is essential for helping children focus and learn. Cluttered classrooms can overwhelm children's senses, making it difficult for them to concentrate and focus on tasks. Visual chaos actually reduces kids' capacity to process information, upping their stress levels and making it harder for them to follow your instructions.

Here are some tips to help you set up a calm, peaceful space:

- ✓ **Declutter and organize:** Keep the classroom tidy by reducing clutter as much as possible; organize materials in uniform, labeled bins so items are out of sight when not being used.
- ✓ **Soften the lighting:** Incorporate soft, natural lighting, ideally lamps with warm light, turning off or lowering overhead fluorescent lights. Soft lighting has a huge impact on making a space feel soothing and welcoming.
- ✓ **Incorporate natural elements:** Adding plants and natural textures and materials like wooden furniture, stones, or shells can bring a sense of tranquility and connection to nature, which helps bring calm into the room.
- ✓ **Use calming colors:** Choosing a color scheme that includes soft, neutral, or pastel colors for walls and decorations helps create a serene atmosphere, helping to relax children and making the room feel peaceful.

✓ CREATE A "ZEN ZONE" OR "CALM CORNER"

Young children have plenty of Big Feelings, but often (ok, most of the time) lack the skills to manage them. A *Calm Corner* in your classroom provides a dedicated space for children to regulate these emotions. It's a quiet, safe area where they can retreat when they're feeling overwhelmed or anxious.

Here are some tips to set up your own Calm Corner:

ITEMS TO INCLUDE:

- **Comfy things to sit on** like a soft rug or beanbag with pillows give your students a cozy spot where they can relax.
- **Something to squeeze, play with or hold** to help students work out tension in their bodies (stress balls, fidget spinners, pinwheels).
- **Glitter jars** that students can shake, then breathe as they watch them settle. Making these can be a fun classroom activity. ([Here's a how-to.](#))
- **Mindfulness or yoga card decks** with visual prompts can encourage children to stretch, breathe, and move—all regulating activities.
- **Coloring pages** allow children to express themselves and foster a sense of mindful presence.
- **Books** with calming, beautiful images of nature or simple mindfulness activities can help children calm themselves.

CREATE AGREEMENTS AROUND:

- What the Calm Corner is and why there's one in the classroom
- How long students can stay in the space—consider including a sand timer, and practice using it ahead of time
- Clear guidelines about how the space should be used, so everyone understands the space isn't a way to escape responsibilities, but rather a spot to take a break and reset
- How students can signal when they need to visit the Calm Corner, and if they need more time there
- What behaviors are safe or unsafe in the space

Mindfulness Activities for Calm & Focus

For more videos like these
follow Kira on Instagram!



Now that you've started practicing mindfulness yourself (yes, baby steps totally count!) and you've set up your calm, peaceful space, it's time to build your toolbox of practices to use with your students. Here are some of my favorite quick, practical activities you can easily lead to get your students' attention and help them regulate. Pick one from each section and give it a try!

Calming & Grounding

Peaceful & Calm



Hot Chocolate



Flower Breath



My Calm, Quiet Voice



Focus & Attention

Shake & Stop!



I Turn My Brain On



This Is Where I Am



Clap Let's Go!



Social-Emotional Skills

Strong, Smart, Kind



I Keep My Hands
to Myself



Today I'm Going To Be...



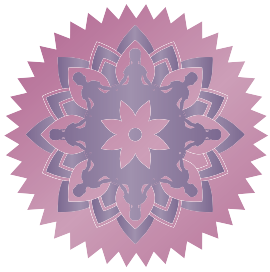
A-W-E-S-O-M-E Chant



BONUS GIFT: Children's Mindfulness Printables!

Here's a packet of mindfulness activities including coloring pages, affirmations, and gratitude exercises, based on my bestselling books *Breathe Like a Bear* and *Peaceful Like a Panda*. These printables will encourage self-expression and creativity in a positive, mindful way.





Calm your classroom

Mindfulness Training Program for Educators

**Loving this
and ready for more?**

My **Calm Your Classroom** training
is now an incredible **75% off!**

Normally **\$199**, it's only

\$49 just for a
short time!



**“Thank you so much for this
INCREDIBLE training!”**

- Ruth V.

Calm Your Classroom will take you from **stressed out and overwhelmed** to **confident and inspired** with all the resources you need to get your students' attention, focus their energy, and help them manage their bodies and emotions.

You'll walk away with an arsenal of tried-and-true class management methods at your fingertips—quickly capturing and keeping children's attention, and creating a calm, focused classroom.

HERE'S EVERYTHING YOU GET:

- Six value-packed hours of video training with me
- Complete access to course materials for one year
- Digital workbook to keep you organized and focused
- CYC Completion Certificate
- **BONUS:** Free month of *Rockin' Yoga* membership for educators
- **BONUS:** Uke 101 training for non-musicians

**LEARN MORE
RIGHT HERE!**

Use code **CHECKLIST**
for **75% off!**