

**REGISTRATION
OPEN**

THE CALM CURRICULUM[®] EARLY YEARS



**Inviting Upper Fraser Valley Early
Care and Learning Programs**

\$20 per person

OCTOBER 5, 2024 OR MARCH 8, 2025

9:00AM-4:00PM (including lunch break)

Sandman Hotel, Abbotsford.

**Bring your team and receive a complimentary CALM kit*
Certificate of Attendance.**

Register today with Jodie via email jelliott@fvcdc.org

LEARNING OUTCOMES: Guided by intentional praxis, “knowing, doing and being”, the core outcomes of CALM training include:

- Understanding the core theoretical foundations of CALM (the why);
- Enhancing own self-awareness of self-regulation and social emotional well-being (self);
- Understanding the application of implementation strategies (the how, where, when);
- Reflection on authentic outcomes in self-regulation and social emotional development;
- Embedding the learning of The CALM Curriculum into center programming activities and everyday moments.

The CALM Curriculum© is a Canadian, research informed (2022) and evidence-based early care and learning program, focusing on play-based and developmentally appropriate activities that foster self-awareness and build children's social emotional well-being competencies.

In the 10 module program, children will learn about their energy states, emotions, problem solving strategies, impulse control, kindness, empathy and more. Melvin and friends engage with children in songs, games, stories and activities to learn and practice the skills that can help them cope with the stressors in their lives.



CALM OUTCOMES

Maloney et al.(2022), stated CALM Students had :



Significantly greater improvements in social emotional competencies, emotional control, executive functions, and peer acceptance.



Significantly greater decreases in aggression, dysregulated behaviour, and conflict with teachers.

CALM KIT

Intentionally curated for optimal convenience and implementation support the CALM Kit provides you with all the materials you will need to implement the strategies, including:

- Stuffedies & Puppets
- Solution Center
- Emotions Board
- Stretching & Breathing
- Games & Songs
- Books & Scenarios
- Kindness Activity and more

*Complimentary CALM kits for qualifying programs in FVDC region.