



# Calm Moments Cards Program

**What is it?** The Calm Moments Cards program provides school personnel with information about how to recognize signs of stress and the situations that may cause stress in students. The cards contain easy to implement evidence-based strategies that can be embedded throughout the day to help reduce stress and enhance mental well-being in order to help students do well academically, socially and emotionally.

**Why?** Feeling stressed and anxious throughout the school day can inhibit learning and social interaction. Students who are stressed don't feel emotionally well or happy. Chronic stress can lead to anxiety, depression and physical health problems.

## What does the Calm Moments Cards program provide?

- 17 Cards (2-sided information sheets) based on 17 situational stressors (e.g. test taking, starting the school day). Each card includes:
  - Thinking, Focusing & Calming, and Sensory strategies for reducing stress and promoting emotional well-being.
  - Triggers that may cause stress
  - Teaching Moments – explanations supporting use of the strategy
- Appendices that include references, activity templates, pictures of movement poses, etc. that augment use of the cards.

**Who can implement the program?** All school personnel (e.g. teachers, teacher assistants, administrators, cafeteria and recess supervisors, librarians) – namely, any adult interacting with students. All adults need to learn how to be mental health promoters!

**What does it cost?** Nothing! All of the materials needed to implement the program are available in the Embedded Program tab on the Every Moment Counts website ([www.everymomentcounts.org](http://www.everymomentcounts.org))

**How can I learn how to use the Calm Moments Cards program? Attend a 1-hour Orientation Session!**

## Orientation Session for the Calm Moments Cards Program

Led by: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_ RSVP by: \_\_\_\_\_ To: \_\_\_\_\_