



## Calm Bodies, Calm Minds Curriculum

Primary Hall utilizes the Calm Bodies, Calm Minds' curriculum, a mind-body curriculum based on 12 trauma-informed principles for growth and learning. The curriculum incorporates the practices of secular yoga and mindfulness into daily classroom lessons.

The curriculum is divided into four units. The first, **Me**, is based on developing students' inner resources, including empowerment and worth. The second unit, **Me and My Body**, focuses on developing a healthy mind-body connection. The third unit, **Me and My Choices**, is concentrated on self-regulation, providing tools for accessing choice, grounding, and ownership. The fourth unit, **Me and My Work**, is dedicated to compassion and self-determination.



The Calm Bodies, Calm Minds' curriculum is aligned with Primary Hall's mission and IMPACT values. The curriculum's core principles focus on developing embodied tools for success.

Through this unique curriculum, your student will be exploring their mind, body, and the powerful connection between them.



Calm Bodies, Calm Minds' year-long curriculum aims to reach the entire school community. With additional resources available for both staff and families, we are excited for the IMPACT Primary Hall will create!



For more information, please visit [calmbodiescalmminds.com](http://calmbodiescalmminds.com)