



Calm Classroom & Chicago Public Schools

Workshop 2 Survey Report SY24

2,259 teachers
surveyed from
110 schools

“My students report feeling ‘safe’ when we engage in our Calm Classroom sessions. This was great to hear, and we discussed how you can always return to that safe feeling by taking space, focusing on breathing, etc.”

STUDENT BENEFITS

MY STUDENTS SEEM CALMER AND MORE PEACEFUL
AFTER PRACTICING CALM CLASSROOM

90%

AGREE

Year 1

93%

AGREE

Year 2

93%

AGREE

Year 3

MY STUDENTS ARE MORE ENGAGED AND READY TO
LEARN AFTER WE PRACTICE CALM CLASSROOM

88%

AGREE

Year 1

89%

AGREE

Year 2

90%

AGREE

Year 3

MY STUDENTS ARE BETTER ABLE TO REGULATE THEIR
EMOTIONS SINCE BEGINNING CALM CLASSROOM

82%

AGREE

Year 1

82%

AGREE

Year 2

84%

AGREE

Year 3

MY STUDENTS ENJOY PRACTICING CALM CLASSROOM

85%

AGREE

Year 1

84%

AGREE

Year 2

90%

AGREE

Year 3

TEACHER BENEFITS

CALM CLASSROOM HAS HELPED ME TO UNDERSTAND THE IMPORTANCE OF SELF-CARE

86%

AGREE

Year 1

89%

AGREE

Year 2

89%

AGREE

Year 3

CALM CLASSROOM HAS GIVEN ME TOOLS TO MANAGE MY STRESS MORE EFFECTIVELY

83%

AGREE

Year 1

86%

AGREE

Year 2

84%

AGREE

Year 3

% OF TEACHERS WHO REPORT PRACTICING CALM CLASSROOM TECHNIQUES OUTSIDE OF WORK HOURS

68%

AGREE

Year 1

72%

AGREE

Year 2

71%

AGREE

Year 3



“I deal with anxiety in my personal life and I have never really had strategies to deal with it. The Calm Classroom techniques have really given me a huge toolbox of strategies to help myself in times of tension! I have seen a huge benefit in my personal life after only using it for a few weeks :)”



“The program has benefited us, teachers, because the workshop topics focus on our real needs, making us feel heard and giving us strategies to cope with our reality and continue in the profession.”

Which of the following benefits have you experienced as a result of teaching and practicing Calm Classroom?

GREATER ABILITY TO RELAX MY PHYSICAL BODY

82%

AGREE

Year 1

84%

AGREE

Year 2

85%

AGREE

Year 3

REDUCTION IN STRESS AND ANXIETY

77%

AGREE

Year 1

77%

AGREE

Year 2

80%

AGREE

Year 3

INCREASED AWARENESS OF MY THOUGHTS AND EMOTIONS

80%

AGREE

Year 1

84%

AGREE

Year 2

84%

AGREE

Year 3

GREATER ABILITY TO FOCUS MY ATTENTION

77%

AGREE

Year 1

82%

AGREE

Year 2

83%

AGREE

Year 3



“My understanding of self-care has impacted my patience and understanding with students.”

IMPLEMENTATION

% LEAD OR PARTICIPATE IN CALM CLASSROOM TECHNIQUES 1 OR MORE TIMES PER DAY

90%

AGREE

Year 1

90%

AGREE

Year 2

94%

AGREE

Year 3

% WHO LEAD STUDENTS IN POST-TECHNIQUE REFLECTION DISCUSSIONS

67%

AGREE

Year 1

66%

AGREE

Year 2

70%

AGREE

Year 3

% PRACTICE A TECHNIQUE AT WEEKLY STAFF MEETINGS

77%

AGREE

Year 1

82%

AGREE

Year 2

86%

AGREE

Year 3



"I implement Calm Classroom with each period. It helps me be the best teacher I can be for my students when I have a moment to check in with myself and ask the students to do the same."

SUMMARY

The training I've received has prepared me to implement the program with ease

92%

AGREE

Year 1

89%

AGREE

Year 2

91%

AGREE

Year 3

How would you rate the overall effectiveness of the Calm Classroom program?

91%

AGREE

Year 1

91%

AGREE

Year 2

93%

AGREE

Year 3

FACILITATOR STATS

ONBOARDING & SUPPORT • YEAR 1, 44 RESPONSES

SURVEY QUESTION

SURVEY RESULTS - EXCELLENT / GOOD

Please rate your experience of the onboarding process, including clarity around the expectations for your role as facilitator, materials distribution, and the training timeline.

98%

Please rate your experience with enrollment in the Teacher Portal, including tech support and troubleshooting.

91%

Please rate your experience with communication throughout the partnership, including scheduling, reminders, and next steps.

100%

Please rate your experience with the Workshop 2 survey, including your satisfaction with the Survey Data Report and support provided for continuous improvement.

93%

TRAINING EXPERIENCE • YEAR 1-3, 99 RESPONSES

SURVEY QUESTION

SURVEY RESULTS - STRONGLY AGREE / AGREE

The presenters were engaging and well-prepared

100%

The training sessions were well-paced

100%

The content was useful and interesting

100%

The content was organized and easy to follow

100%

The presentation format and activities were engaging

98%



TEACHER STORIES

“

This year we have a very difficult student who tantrums, hits, throws and causes room evacuations. The students through Calm Classroom are able to regulate their bodies and emotions and to verbally express their feelings on a daily basis. Some of them now even practice hugging themselves and deep breathing in and out, or tell us we should do it.

“When I notice students getting restless or too loud, it makes me anxious. I then stop everyone, and we do a breathing exercise. This has worked to get students’ attention and focus on the task at hand.”

“My students are really starting to understand breathing as a way to regulate their nervous system.”

“Every time I feel I need the time for something else, a parent, or student tells me how much they love the practice at the beginning of class.”

“Students seem to enjoy the moment of pause during the busy day. It gives them a chance to calm down, relax, and come back feeling a little more ready to start.”

“The Connection Questions have helped us get to know our students better. This program has helped me to practice mindfulness practices on my own.”

“My students enjoy using Calm Classroom after experiencing events with lots of stimulation (recess, assemblies, field trips). They greatly benefit from the body scans and deep breathing.”

“My students can’t always articulate how it helps them, but I can visibly see that they are calmer, more focused, and handle stressful moments better, such as with test-taking, or when issues arise with their peers.”

“Using Calm Classroom has been especially helpful with my 4th-period class, who I see after recess and their lunch. Many things go on during recess and the lunch period, and frequently it carries over in the classroom. Calm Classroom has helped the students to get settled and focus their energy. I can’t imagine starting a class period without it.”

“I am a pre-k diverse learner teacher in a blended classroom. I use the Calm Classroom techniques constantly throughout the day to help students regulate their emotions.”

“It helped me to relax and lower my blood pressure.”

“Students have commented that they have created a calming space and practice some meditative calming breathing at home.”



TEACHER STORIES

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This year I experienced dealing with a new series of issues with the students who are newcomers. As young as five years old they have experienced tremendous trauma. By utilizing Calm Classroom I've noticed very positive behavior. They are learning to self-regulate emotions before hurting other children. Meaning they are learning to use their words before hitting.

“I have a student who was having regular outbursts, but with the Calm Classroom tool, he can better handle his emotions, and the other students even remind him of what to do.”

“When I am absent, I am told my students insist on still doing Calm Classroom! I have seen a vast improvement in my students' behavior since implementing Calm Classroom 3x-4x a day.”

“Provides strategies for students who escalate quickly. Able to add Calm Classroom techniques to IEP accommodations.”

“I work with students with cognitive disabilities and autism. Calm Classroom and a combination of movement breaks and sensory activities help many of the students.”

“We did an experiment on the effect of Calm Classroom on heart rate and found a decrease on average.”

“My students use language like “calm down,” “breathe,” and “relax” as a result of Calm Classroom.”

“This program works well in my low incidence special education classroom. Diverse students benefit from breathing practice, especially students who are nonverbal and may have a more limited scope of coping options.”

“I have been absent one day this year and received several emails, as well as verbal comments from scholars, about how the substitute didn't run Calm Classroom. One of the emails involved a scholar saying that he was less focused and didn't feel great in class because he didn't get Calm Classroom that day.”

“A lot of my families at conferences let me know that their child keeps reminding them to take deep breaths.”

“It keeps me from getting angry and about to snap. It calms and centers me before I react to certain situations.”



FACILITATOR TESTIMONIALS

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It was such a wonderful experience.

Our teachers said 100% of them agreed that the training they received by us prepared them to implement CC and that is because of how great we were trained so thank you!

“I really appreciate the clarity of what is expected from us.”

“The workshops were well organized, delivered, and very clear. Calm Classroom gave amazing support and were receptive and responsive to every email question and request.”

“The training was very helpful- actually experiencing Calm Classroom and being given lesson plans to implement with staff.”

“All components of the onboarding experience went well. I particularly appreciate the numerous options to attend monthly training and the duration of each session was GREAT!”

“I liked and enjoyed the onboarding experience. The way the presentations were organized, by having all needed information in the same deck is very helpful, and the step by step breakdown of the presentations is very handy.”

“Clear and explicit details on the facilitation process. Appreciate the virtual training and coaching materials provided and modeled throughout the training.”

“I appreciated getting the facilitator training and PD dates up front so I knew what to expect and could plan in advance.”

“Clear communication, staff frequently reaches out about deadlines, timelines, and enrolling in course work.”



FACILITATOR TESTIMONIALS

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*It was such a positive, wonderful,
and reenergizing experience to be a
part of these workshops this year. I
appreciate all that you are doing for
both adults and students through
Calm Classroom!*

“The survey was a great tool for reflections.”

“The information in the survey is direct and elaborate, useful for school with student data, teachers, and other stakeholders.”

“The data was very useful and easily able to be shared with other stakeholders.”

“Happy to be part of a wonderful community!”

“Please continue to expand this important work in CPS”

“Really enjoyed the workshops. Great information presented in a low-pressure way.”

“Very easy lesson plans to follow for delivering the PDs. Thank you!”

“This has been one of the clearest and easiest to implement strategies.”

“I love the way this program cares for the well-being of teachers and additional staff through the content prepared for each workshop.”