

Thrive in a calm and focused learning atmosphere with the ultimate classroom co-regulation program.

Educalm is an evidence-based, online social-emotional learning program for K-12 classrooms that helps schools take a systematic approach to meeting their well-being and academic goals.

- Educalm Reduces:**
- Stress & Anxiety
 - Burnout
 - Behavioural Challenges
- Educalm Improves:**
- Self-Regulation
 - Mental Health
 - Academic Success



Classroom Management Simplified

- Educalm proactively supports classroom management by increasing self-regulation and by providing strategies that can be used throughout the day to restore calm and focus.
- In just 5 minutes a day, Educalm creates a positive daily mental and emotional hygiene routine that gives teachers and students coping skills. Less time is wasted on behaviour management, and more time is dedicated to teaching and learning the curriculum.



Reduced Worry, Stress and Anxiety

- Educalm is a trauma-informed year-long program that allows students and teachers to co-regulate with daily self-care practices and learn concrete skills for emotional wellness and mental health.
- Educalm is a proactive and systematic approach for preventing both teacher and student overwhelm and burnout while increasing resilience.



Evidence Based

- A third-party evaluation of Educalm demonstrates that this program improves self-regulation, emotional intelligence, resilience, behaviour and classroom management, focus, and academics.
- Teachers can implement Educalm with confidence knowing that it is backed by research, CASEL-aligned, and created by teachers who understand the realities of the classroom.



No Preparations or Professional Learning Required

- Educalm does not require professional development, release time, lesson planning or preparations, which makes it a very affordable option. Teachers learn alongside their students by pressing "play" on the pre-recorded lessons.
- Educalm is completely bilingual and lessons are recorded in a Western Canadian French accent, making it easier for French Immersion students to understand.



Ready-to-use audio, video and printable social-emotional learning lessons for the entire school year

MINDFULNESS	FOCUS	KINDNESS
EMOTIONS	GROWTH MINDSET	COMPASSION
SELF-CONFIDENCE	GRATITUDE	MINDFUL MOVEMENT

Includes a short training video on How to use Educalm with Success:
No Additional Professional Learning Required.

"We have seen significant, positive changes in our students after focusing on mindfulness this year using Educalm as our guide. We saw students be more aware of their emotions, practise gratitude daily, and independently tap into breathing strategies. We look forward to using Educalm again next year!"

Amanda, School Administrator

"Words cannot express how grateful I am to have discovered Educalm. My group is very impacted. So many students have experienced traumas that nobody should endure. Then, the pandemic. Our school was virtual for almost two years. So, self-regulation was a must and this has helped our class so much."

Annette, Grade 5 Teacher

"Mindfulness with Educalm lets me get out of my feelings I don't want through breathing, moving and reflecting rather than taking my feelings out on somebody else and maybe hurting them or making them mad."

Grade 4 Student