



Calm for Educators

21-22 Contract Pricing

Calm can be used daily by K-12 classroom teachers to supplement their Mental Health & Social Emotional Learning instruction.

Teachers use Calm daily with students for meditation and mindfulness guided sessions, breathing exercises, stretching routines, story time, ambient sounds and music for the classroom and development of SEL skills.



Users of Calm have reported

- Improvement in Mental Health
- Less stress
- Higher Sleep Quality

Contract pricing \$50 per license *

- *Pricing will decrease to \$20 pp if more than 10,000 licenses are procured by NYS. All final orders are due to Nassau BOCES by June 1, 2021 so that final pricing can be determined. CoSER 590.513

All Calm.com application licenses will be active July 1, 2021 through June 30, 2022. These licenses are for educators in New York State. Subscribing districts will receive CALM site license codes from Nassau BOCES to be distributed to district educators.



For more information or to order Calm for your district please contact Audre Midura at amidura@nasboces.org