Curriculum Implementation Schedule

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Complete Adult lesson and practice the exercises at least 3 times a day.	Complete Lesson 1, Brain Lesson. Practice using the tools 3 times a day at times of transition. Vary which tools you use, starting with the chime each time, and adding a breathing, body, or sensing technique after.	Introduce the Calm Down Basket and rules for using it. Allow children to use as needed for calming. Also suggest it to them when you see a need.	Complete Feelings Awareness lesson, using the same plan as previous lessons.	Complete Calming Lesson, experimenting with each of the techniques in the first session. Practice daily along with those from Lesson 1, for the next 2 weeks.	Complete Focusing Lesson, experimenting with each of the different techniques in the first session. Practice daily along with previous techniques.	CompleteEnergize and Release Lesson, using the same plan as previous lessons.	Continue routine for the remainder of the year.