

CALM IS BUILT SYSTEMS AUDIT

A practical way to understand
the systems shaping your
classroom.



WELCOME

Before you begin...

What is the Classroom Systems Audit?

Most classroom tools focus on student behavior. This audit begins somewhere different.

It examines the classroom systems and conditions that influence regulation, engagement, and independence. It helps you identify what's working well and where small changes can create meaningful improvements.

Rather than asking, *What's wrong with my students?* the audit asks:
What are my classroom systems making possible?

Why it matters

Behavior doesn't happen in isolation. It's influenced by the environment students experience every day: predictability, accessibility, support, flexibility.

Those conditions are created through the systems we intentionally design: our routines, procedures, communication, environment & instructional decisions, and supportive pathways.

Understanding those systems helps you move beyond reacting to challenges and toward intentionally building calmer, more supportive learning environments.

What to Expect

Completing the Audit

The audit contains a series of questions about your classroom systems and the conditions they create.

Most educators complete the audit in just a few minutes.

There are no right or wrong answers. Answer each question based on what students experience most consistently in your classroom or learning space today.

Your Personalized Report

After submitting your response, your report will be generated automatically and emailed to you.

Please allow up to one hour for delivery.

What makes it personalized?

Your responses are individually analyzed to identify:

- your strongest classroom conditions
- areas that may be creating unnecessary stress
- the systems having the greatest impact
- practical next steps based on your specific results

No two reports are exactly alike because they're generated from your individual responses.

What's Included

Your report includes:

- an overview of your classroom's current strengths
- your strongest and most impacted conditions
- the systems contributing most to these results
- practical next steps you can immediately implement
- suggested areas to strengthen over time

The goal isn't to score your classroom. It's to help you see where thoughtful adjustments can create better conditions for everyone.

What to Do Next

Receiving your report is the beginning, not the end. Use your personalized recommendations to identify one or two areas to strengthen first. Small changes made consistently often create bigger improvements than trying to change everything at once.

As you implement those changes, consider:

- revisiting your routines
- clarifying expectations
- improving accessibility
- strengthening supportive pathways
- reducing unnecessary cognitive load

You can retake the audit throughout the year to measure progress and identify new opportunities for growth.

Continue the Conversation

Interested in learning more?

- Read the [Calm Is Built](#) articles.
- Explore classroom [tools and resources](#).
- Join the [newsletter](#) for weekly systems-based insights.

A Note About Scores

This isn't a classroom management score or a rating of your effectiveness as an educator.

The report is designed to help you understand the systems and conditions shaping your classroom today.

The purpose is growth, not judgment.

BEGIN THE AUDIT

