

# MINDFUL EDUCATION IN SCHOOLS



**CHALLENGE  
TO CHANGE**  
MINDFUL EDUCATION

## What is MINDFUL EDUCATION IN SCHOOLS?

Challenge to Change's Mindful Education in Schools is a research-based program that provides preventative social and emotional skills benefiting the mind, body, and emotional state to students Pre-K through High School. Each lesson empowers students to practice self-awareness, self-management, responsible decision-making, relationship skills, and social awareness.

Mindfulness practices offer preventative instruction through movement, breathwork, and emotion-regulation tools. Repeated exposure to and practice of these strategies set the stage for a lifelong wellness practice, offering vital coping skills to navigate everyday life. Challenge to Change aims to support the development of the WHOLE child through these measures to empower well-rounded citizens and future leaders in our communities.

## Why Mindfulness?

Mindfulness can add to the quality of our lives in numerous ways; from nurturing a sense of inner peace, helping us become aware of how our thoughts and emotions impact our actions, and improving our self-confidence so that we can facilitate more meaningful relationships with others. In children specifically, mindfulness has been found to:

- Mitigate the effects of bullying. (Zhou et al., 2016)
- Enhance focus in children with ADHD. (Zhang et al., 2016)
- Improve brain health and well-being. (Dunning et al., 2019)
- Reduce attention problems. (Crescentini et al., 2016)
- Improve social skills when well taught and practiced in adolescents. (Wang & Hagin, 2016)

It's important for caregivers and educators to provide age-appropriate mindfulness practices for children.

## How Does Our Mindfulness Program Support Schools?

### PROGRAM SUPPORT:

Lessons delivered through 5 parts of practice which include:

- **Seated Practice**
- **Movement**
- **Heart of the Lesson**
- **Guided Mindfulness Practice**
- **Close of Practice**

### Part 1+ **SEATED PRACTICE**

The goal of the Seated Practice is to help students connect their body and their breath. These practices calm the nervous system, refocus the brain, and relax the body. Students are able to connect to the present moment and tune out what happened before their practice and what might occur after their practice. Seated practices are grounding, connecting, and centering.



## Educate and Empower

In each session, participants will learn breath techniques, mudras or check-in activities; and then choose the practice that feels best for them. These practices support self-awareness and self-management by teaching students to quiet their minds, look inside themselves, determine what they are feeling, and express themselves in a safe way.

### Part 2+ **MOVEMENT**

During the Movement, students will connect yoga and mindfulness with a physical practice; moving the mind, body, and breath together. It is important to bring these three realms together to be more present in the body. A song is used to accompany Movement, empowering students and aiding them in recalling the order of yoga poses.



### Part 3+ HEART OF THE LESSON

This part of practice is the main focus of each lesson. It is here that students learn new social-emotional skills and mindfulness techniques. The Heart of the Lesson will be different each session and may incorporate breathwork, body movement, social engagement skills, literature, music, and various other mindfulness skills.

### Part 4+ GUIDED MINDFULNESS PRACTICE

This is a safe time in which students calm their mind and body, by closing their eyes, eliminating external stimuli, and finding stillness. A guided visualization or song is utilized to nurture imagination, reset the mind, and promote relaxation.

### Part 5+ CLOSE OF PRACTICE

During the Close of Practice, students will come from a relaxed state of mind to a focused state of mind through mantras, phrases, or songs. This will complete and close all parts of the lesson while supporting mindfulness, self-esteem, and self-regulation.

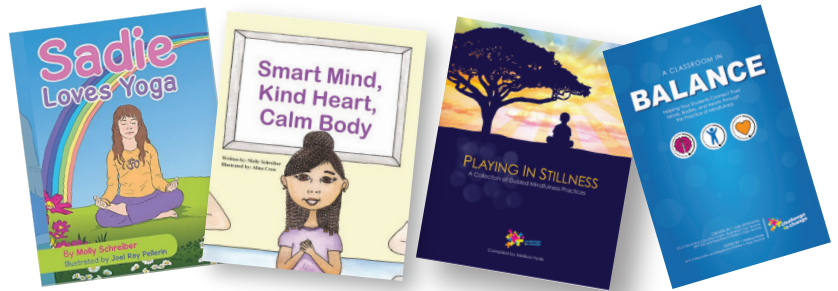
### TEACHER SUPPORT: DIGITAL ACCESS

- All Staff Access to our Mindfulness Portal

### IN-SERVICES

- Navigating Online Tools
- Yoga & Mindfulness Tools to Set You Up for Success
- Staff Self-Care

# Testimonials



- + As a result of the Yoga and Mindfulness Program, I have noticed: coping skills have improved, student relationships and empathy have improved, anxiety has decreased, the noise level in my classroom has decreased and students report a positive feeling after mindfulness activities.

**Hannah Jahn** / 4th Grade Teacher / Delhi Elementary / Delhi, IA

- + I see students use tools proactively to help calm themselves when feeling escalated. Students now talk more openly about their emotions while making sense of their feelings.

**Dan Butler** / Superintendent of Western Dubuque School District

- + This program has helped our school tremendously! Thank you for sharing it outside of your immediate area. A big part of the success in our school is that our school principal has made this program part of our PBIS initiative and has required it as a tier 1 intervention where all students in our building receive this program. The teachers in our school have seen the benefits and now realize how important it is for students to be taught these skills.

**Judy Doolittle** / 2nd Grade Teacher / Sunset Heights Elementary / Webster City, IA

- + We have started to use mindfulness in our PE class and health class. The amount of information we have access to is amazing. Our students enjoy the projects we do in health and the mindfulness we use in PE. It has been beneficial to the students and even more to me as a teacher/adult. I have benefitted from it in my own personal life and have taken it home to show to my family. I am hoping that our district goes all in with the program, the benefits for our students and staff are limitless. We have many students bring so much to school everyday and this program would help them deal with those in many ways. Jordan has been a great source to answer all questions and explain whatever we need.

**Donnie Chappell** / Middle School PE Teacher / Rock Falls MS, Dist. 13 / Rock Falls, IL

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