



— INSPIRING A MINDFUL FUTURE —

Parkside Head Start - Ages 4 & 5

Methods: In person sessions 2x a week plus Video Curriculum 3x a week for the month of March 2018.

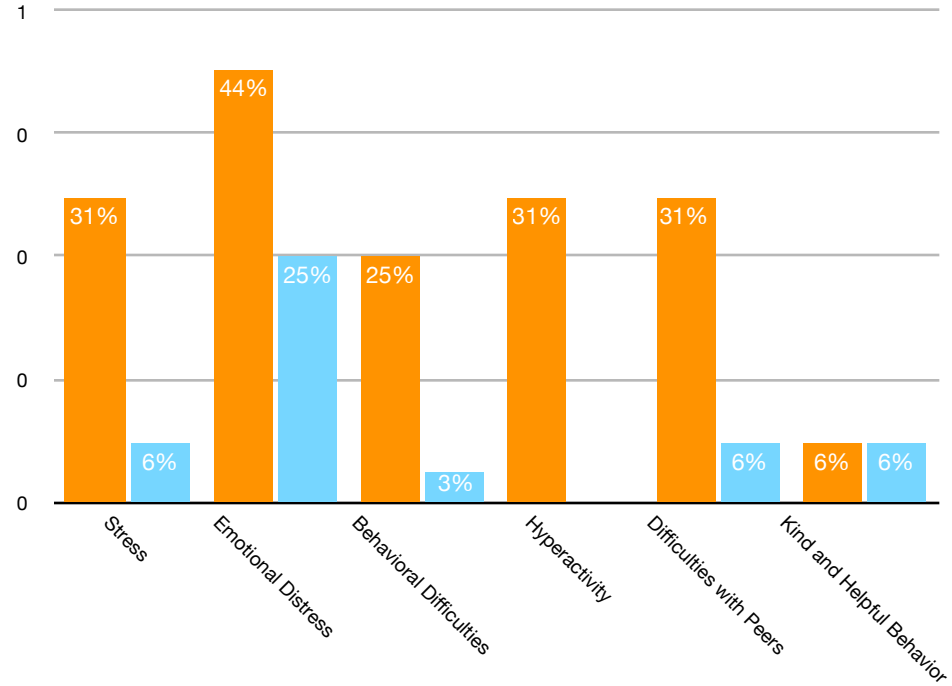
Number of students: 16 students

Validated tool: The Strengths & Difficulties Questionnaire pre and post program

Outcomes:

- Students showed a decrease in overall stress, emotional distress, behavioral difficulties, hyperactivity and concentration difficulties and difficulties getting along with other children.
- 94% of students Stress scores decreased post program.

■ Pre-Program - % of classroom Above Average (Below average for kind and helpful behavior)
■ Post- Program - % of classroom Above Average (Below average for kind and helpful behavior)
Parkside Pre-K Mindfulness Program Results



Parkside Testimonials

“Mindfulness [It] helped me to regroup, regain my focus and to slow down.” - **Lead Teacher**

The children were asked the following questions, here are their responses



1. What have you learned in mindfulness?
 - “To be calm when mad”
 - “If somebody grabs your toy, you have to be calm”
 - “Breathing”
2. When has mindfulness helped you?
 - “Today I took a deep breath at home”
 - “My heart was beating and my body was wiggling, I took a breath”

Longley Head Start - Ages 4 & 5

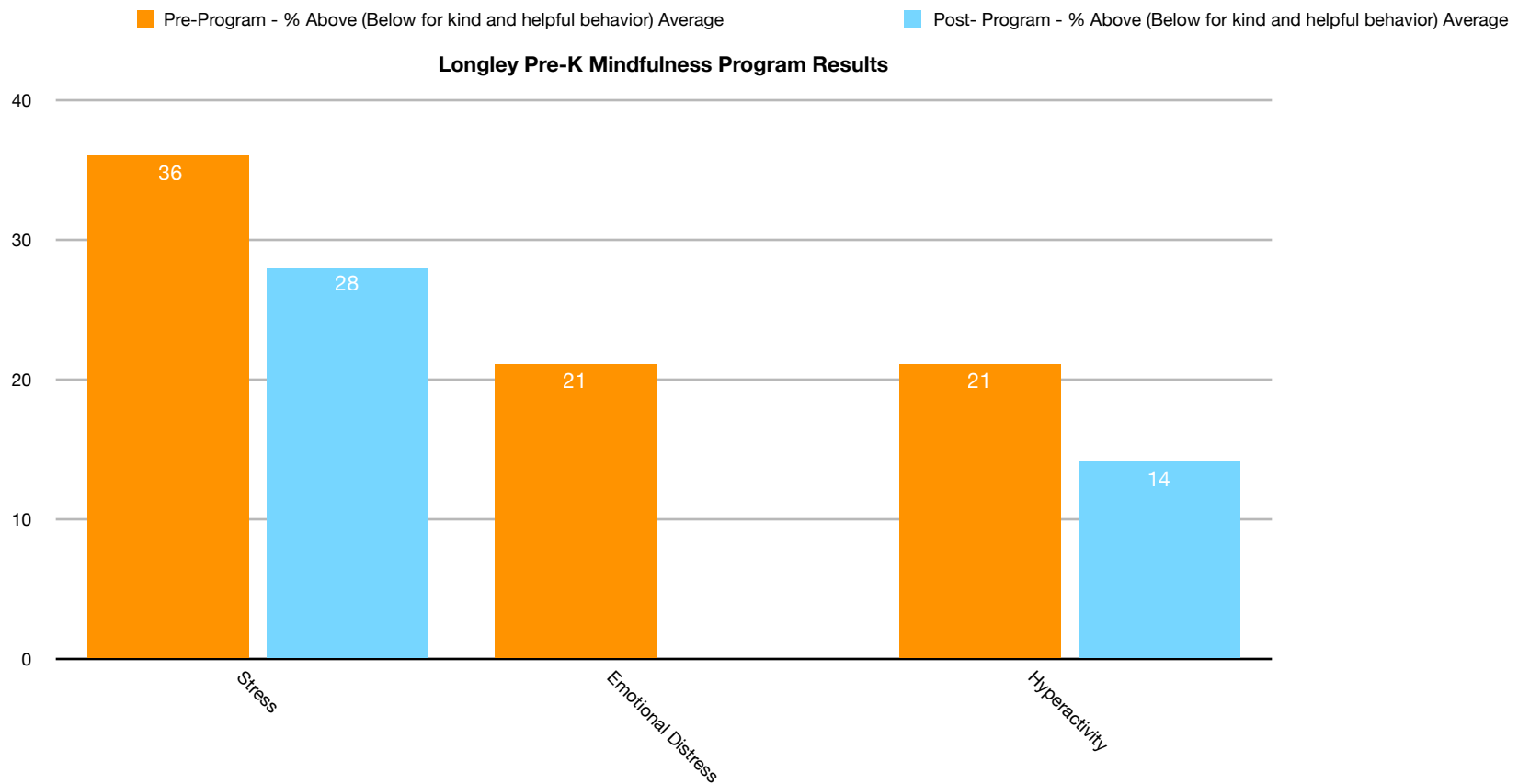
Methods: In person sessions 2x a week from January 5th through January 9th.

Number of students: 14 students

Validated tool: The Strengths & Difficulties Questionnaire pre and post program

Outcomes:

- Students showed a decrease in overall stress, emotional distress, and hyperactivity and concentration difficulties.
- Emotional Stress showed the largest improvement with 3 students scores remain the same and 11 students showing lower scores post program.



Falmouth Elementary - 2nd Grade Teachers and Students

Methods: In person sessions 1x a week for four weeks.

Number of classes: 7 classrooms

Evaluation Methods: Questionnaire completed by teachers post program. Teachers interviewed the whole class to gather feedback and learnings from students.

Outcomes: Teacher and Student responses are below.

Teachers

1. *Rate the following (scale 1-10, 10 being the best):*

Program/Curriculum - 8/10

Teacher Presentation and Knowledge - 8/10

2. *In what ways do you feel that mindfulness could benefit your students?*

- This helps them find ways to calm their bodies, be attentive as well as give them strategies to re-focus.
- Focus and becoming more aware of their feelings and thoughts.
- Helps calm them, reduce anxiety, increases focus and gives tools for kids to access at any time in any situation.
- Mindfulness benefits all students. There is such an increase in anxiety these days. All students can benefit from strategies to help ease frustration and anxiety.

3. *How did you benefit personally from the mindfulness sessions?*

- I learned strategies to use later in with my students, as well as for my own family.
- It was very calming for the students and helped them focus.
- With our busy day it reminded me to take a moment to just “be”, take a breath and be mindful of the moment.
- Using strategies in class.

4. *In what ways do you feel that mindfulness could benefit the overall learning environment?*

- Calmness and refocusing.
- We currently do a mindful meeting each morning in class. This sets the tone for a calm and focused start to our day.
- Vocabulary for conflict.
- Bringing kids a sense of peace and calm. When students are calm and at ease they are more open to learning.

Students**1. What have you learned in mindfulness?**

- Mindful listening, mindful body, body scan, sending kind thoughts, mindful breathing and anchor spots.
- To be aware of your surroundings.
- To control yourself.
- To listen (closely to surrounding).
- To settle down when you are “piped up”.
- Different types of breathing.
- Helps you fall asleep.

2. When has mindfulness helped you?

- When I had a lot of things on my mind.
- I did breathing when I was sad at home and couldn't stop crying.
- I did a body scan at night when I couldn't sleep.
- To clear my mind at night.
- In frustration.
- When I feel ganged up on.
- When I'm sad, having a rough day.
- When my team is losing.
- Dealing with siblings and anger.
- When I'm mad I can calm down.
- Scary dreams.
- Students shared lots of “calm down” scenarios.
- When you're angry.
- Calms you down.

3. How do you treat others when you are mindful?

- How I want to be treated.
- Im more helpful - mindful of feelings.
- In a way you can help others.
- In the moment, mindful of being nice.
- Peaceful, nice, focused, calm.
- Kind - you're more calm so its easier to be kind.
- Kind, nice, with kindness, to be more patient.

4. When will you use mindfulness?

- When I'm feeling stressed.
- When I have a lot on my mind and can't get rid of some feelings.
- When you are mad.
- At night to help relax and fall asleep.
- On the bus.
- Before a football game, to calm down.
- In difficult situations.
- Recess - getting along.
- When stressed out at home, too much emotion.
- Breathing at bedtime.

Jameson Elementary Testimonials - Pre-K and K Teachers and Students

Methods: In person sessions 1x a week for 12 weeks.

Number of classes: 5 classrooms

Evaluation Methods: Questionnaire completed by teachers post program. Teachers interviewed the whole class to gather feedback and learnings from students.

Teachers

1. *Rate the following (scale 1-10, 10 being the best):*
 - Program/Curriculum - 10*
 - Teacher Presentation and Knowledge - 10*
2. *What were the most successful lessons for your class?*
 - Breathing techniques, we continue to use them daily!
 - Sending kind thoughts to our friends and family
 - Mindful, calm bodies help to re-focus
2. *What percentage of students benefited from mindfulness classes?*
 - 50%-100%, all enjoyed it!



Students

1. *What have you learned in mindfulness?*
 - Rollercoaster breathing, flower breath
 - Learning to relax and be still, to calm my body
 - Anchor spots and words keep me focused
 - Sending kind thoughts
 - Accepting and being still
2. *When has mindfulness helped you?*
 - Accept and control emotions
 - Teaches me to breathe
 - Helps me focus
 - Cooling breaths calm me down
3. *How do you treat others when you are mindful?*
 - Being kind and nice
 - Being calm with friends
 - Safely, respectfully, caring, not loud, sharing
 - I use my words
4. *When will you use mindfulness?*
 - All the time!
 - When you are mad or sad
 - Trying to fall asleep
 - Intervene when others are fighting with mindful suggestions.