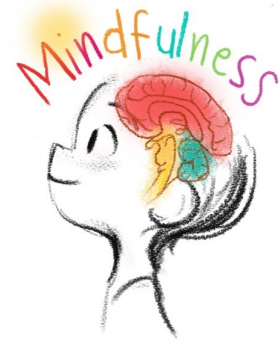


## What is Mindfulness?

- Is the practice of paying attention to the present moment
- It involves curiosity, kindness and fulfillment
- It is not tied to any religion or dogmatic practice
- It is practiced by people all around the world of all races and ages
- It can be both a 'formal' and 'informal' practice
- It is a simple practice, but not necessarily an easy practice :)



## Why Promote Mindfulness in our Classrooms?

- The developing mind & heart of a child/adolescent is very distinct from an adult's
- Developing minds are even more sensitive to the stressors that we encounter in our daily lives and world
- Our students bring fresh perspectives and open hearts into our classrooms and their learning
- This greater openness means that the stressors of modern life actually impact our children/youth in stronger ways than what we experience with ourselves
- We need to help our students balance their lives with the ability to give their developing hearts & minds, moments of stillness, quiet and calm
- Mindfulness can give our students the refuge they need from their surroundings
- Mindfulness has been used to support students who are in risk, who have ADHD or Autism, Fetal Alcohol Syndrome, behavioural challenges & developmental disabilities
- Research shows that regular, formal mindfulness practice can actually help to develop the pre-frontal cortex of the brain and it can positively impact self-regulation functions such as regulating emotions, decision making and empathy
- Mindfulness is known to increase resilience, flexibility and cultivate greater compassion for oneself

## What Can You Expect in Your Classrooms?

- The development of a common or shared language around self-awareness and self-regulation
- The development of greater awareness and appreciation for learning
- The development of greater focus skills from your students
- The development of greater presence and warmth in the classroom
- Your ability to understand and respond more skillfully towards the needs of both individual students and the class as a whole

# Where Can I Start?

1) Sign up for the FREE for Teachers "Calm" Program. A lifetime subscription would usually cost \$300 so this is a great deal! The program itself is available on any device and you can download the app for free in the Google or App Store. \*\*\*\*Use the website link below and then once approved as a teacher, you will receive a code that will let you set up your account. IF you just sign up using the regular website, you won't get the Teacher Discount. :)

- <https://www.calm.com/schools>

OR

Sign up for the Headspace Program knowing that you will have to pay once you are finished the first 10 levels. The nice thing with this program is that throughout these first 10 levels there are short videos that support the concepts being taught.

2) Take the time to explore the content on whichever site you choose. If you do sign up for the Calm Program then there will be a "Calm Classrooms Initiative On-Boarding Package" that you can download and read through to better familiarize yourself with the idea of Mindfulness.

3) It is important to set both intentional and spontaneous times in your week to introduce the idea of Mindfulness in your classroom. There are many online videos and books that you can use to support yourself and your students.



4) Learn along with your students and enjoy the Calm in your classroom! :)

## Meditation/Mindfulness Programs

- 1) **Smiling Minds** (<https://smilingmind.com.au/>) \*\*\*Website
  - Adjustable guided meditations for ALL ages
  - Can also adjust the lengths of meditations based on current needs or time limits
  - Will teach everyone how to do mindfulness activities like: body scans, bubble breathing and visualizations
  - Takes you through step by step, with skills increasing upon one another
  - Is a non-profit program and initiative in Australia that was brought into the school system over the past few years

2) **Headspace** (<https://www.headspace.com/>). \*\*\*App and Website

- A FREE program for the first 10 levels, then you have to pay for a subscription
- Has animated videos that support the meditations throughout these first 10 levels
- Can adjust the lengths of meditations based on current needs or time limits
- Does have a wonderful children/youth series but can only be accessed through a paid subscription

3) **Calm** (<https://www.calm.com/schools>). \*\*\*App and Website

- A FREE for Teachers Program (click the link above to access the site for teachers)
- Has Music, Visuals and Meditations for LOTS of different situations and needs (Can change the music/visuals during meditations if necessary)
- Children's Site has meditations for all levels and abilities; can download these

4) **Breeth** (<https://breeth.com>). \*\*\*App and Website

- Has free and paid for meditations
- Also has a children's sections with 3 levels of meditations for young kids, tweens and teens

## Digital Resources

### General

- <http://www.mindfulschools.org/resources/explore-mindful-resources/>
- <https://www.teachthought.com/technology/10-meditation-apps-classroom/>
- <http://www.meditationinschools.org/resources/>

### Primary

- **ClassDOJO video series** (<https://ideas.classdojo.com/b/mindfulness>)
- **GO Noodle**
- <https://youtu.be/47qmNv38hrM> (Rainbow Meditation)
- [https://www.youtube.com/channel/UC547M\\_JrY273-0ZU3aMDfMA](https://www.youtube.com/channel/UC547M_JrY273-0ZU3aMDfMA) (Meditation Channel on YouTube)
- <https://www.youtube.com/user/CosmicKidsYoga> (**Cosmic Kids** - Whole YouTube Channel full of yoga, relaxation and mediation videos for young children)

## Junior

- <https://youtu.be/shR8DLyOkcg> (Meditation Video for Preteens)
- <https://www.youtube.com/user/NewHorizonHolistic> (YouTube Channel)
- **GO Noodle**
- **ClassDOJO video series** (<https://ideas.classdojo.com/b/mindfulness>)

## Intermediate

- [http://www.youtube.com/playlist?list=PLEJbP9IvxIPR1kLayVPx\\_y4\\_Rx9M6kNne](http://www.youtube.com/playlist?list=PLEJbP9IvxIPR1kLayVPx_y4_Rx9M6kNne) (Meditation playlist for teens)
- <https://www.youtube.com/user/NewHorizonHolistic> (YouTube Channel)

## Book & Print Resources

- "Planting Seeds: Practicing Mindfulness with Children" by Thich Nhat Hanh and the Plum Village Community (includes a CD)
- "Mindful Movements: Ten Exercises for Well-Being" by Thich Nhat Hanh (includes a DVD)
- "Sitting Still Like a Frog: Mindfulness Exercises for Kids and their Parents" by Eline Snel
- "YOGA Pretzels"
- "Listening to My Body: A Guide to helping kids understand the connection between their sensations (what the heck are those?) and feelings"
- "Mindful Games: Activity Cards"
- "Be Mindful Card Deck for Teens"
- "I am Peace"
- "Take the Time"
- "Take a Breath: The Self-Reg Song"
- "Good Morning Yoga"
- "The Lemonade Hurricane"
- "Listening to My Body" (helping kids understand the body sensations associated with emotions and how to cope with them)
- "A Handful of Quiet" (Pebble Meditation explained in a storybook format)

# Peel Climate for Learning and Working Thoughts & Resources

- [www.bit.ly/MentallyHeathyClassroom](http://www.bit.ly/MentallyHeathyClassroom)
- [www.bit.ly/BuildClimate2017](http://www.bit.ly/BuildClimate2017)
- "Climate for Learning and Working in Action" resource book

## Mental Health Strategy - The Next 3 Years

The Three Priorities::

- Resilience
- Collaboration
- The Mentally Healthy Classroom



These priorities are aligned with the system goal: Safe, positive, healthy climate/wellbeing build safe, positive, healthy climates for learning and working to nurture student and staff well-being.



- Students are arriving to school with high amounts of the stress hormone, Cortisol
- Cortisol is responsible for the "Fight, Flight or Freeze" response
- Scientific studies and research show the Oxytocin, which is created when feeling calm, accepted and supported, can directly counteract Cortisol
- Mindfulness can positively create Cortisol

## A tiered approach to student well-being

