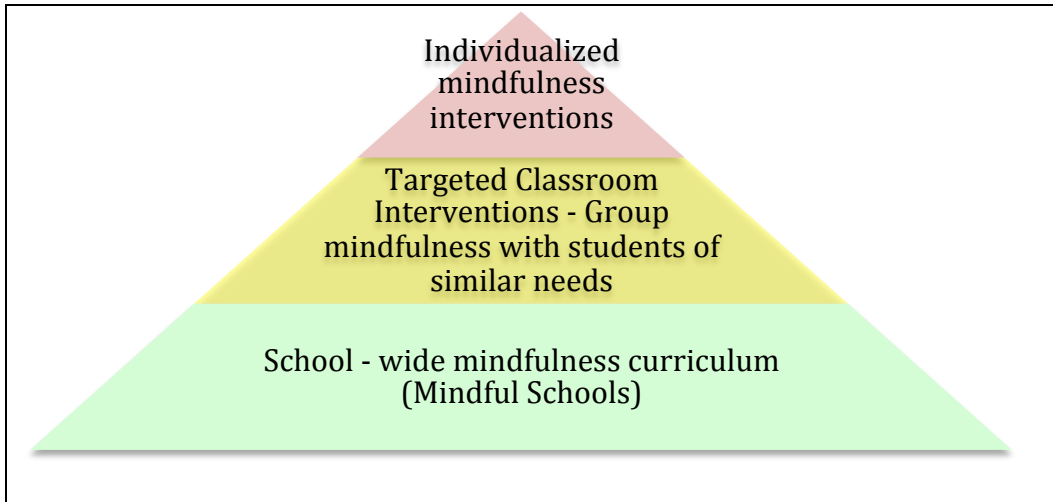


# A Three Tiered Prevention-Intervention School Based Mindfulness Program



## Tier 1: Universal Interventions

- Incorporating mindfulness into new or existing school-wide social-emotional learning curricula including self-awareness, self-management, social awareness, relationship skills, responsible decision making.
- Stand-alone mindfulness programs
  - Mindful Schools

## Tier 2: Targeted Interventions

- Small group interventions tailored to the student's needs
  - Internalizing problems
  - Externalizing behaviors
  - Executive Functioning problems
  - Learning disabilities
- Targeted classroom interventions
  - Skills building based on the needs of the student
  - Prompting

## Tier 3: Intensive Interventions

- Appropriate for students with high level needs:
  - Aggressive behavior
  - School refusal
  - More intense internalizing problems
  - ADHD
  - PTSD
  - Trauma
- Implemented by School Psych or other mental health provide/one on one support
- Pull out services individually tailored to presenting concern
- Intensive mindfulness-based psycho-education and interventions
- Experiential practice, role-play, and feedback
- Research-based curriculums
  - Soles of the Feet
  - Acceptance and Commitment Therapy
  - Mindfulness Based Cognitive Therapy

## Mindful Activities

- Breathing activities
- Listening activities
- Exploration of the senses
- Mindful walking
- Heartfulness activities
- Gratitude lessons