

Mindful Schools Staff Presentation

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Welcome, Introductions

Define Mindfulness

- Paying attention on purpose without judgment
- Mindfulness is paying attention to the present moment with kindness and curiosity
- We can be mindful of our senses, and of our inner world of thoughts and emotions
- “Raise your hand if someone has ever asked you to pay attention. Keep it up if anyone ever told you how.”

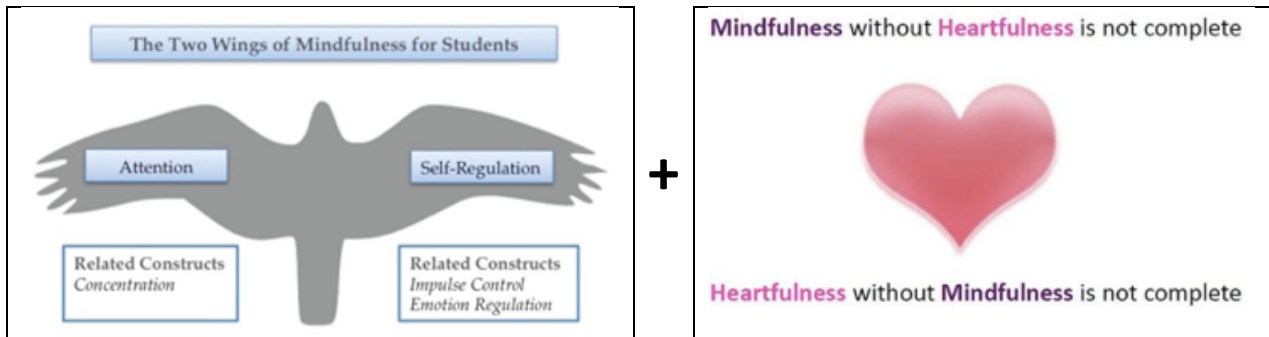
History of Mindfulness in Public Institutions

1. The First Frontier: Health Care
 - Introduced in secular applications beginning over 30 years ago through the work of Jon Kabat-Zinn and MBSR (Mindfulness Based Stress Reduction)
 - 30 years of research showing
 - decreased depression, anxiety, stress
 - improved sleep (reduced insomnia)
 - increased physical and mental ease & well-being, increased resonance with others
2. The Second Frontier: Mental Health
 - Mindfulness Based Cognitive Therapy (early 1990's)
 - Evidence showed it reduces rates of relapse by 50% among patients who suffer from recurrent depression.
3. The Third Frontier: Education
 - First round of formalized mindfulness & education interventions (early 2000s) focused on teaching mindfulness to teachers as a self-care, wellness and resiliency tool.
 - Curricula and programs adapting mindfulness techniques to the needs of children and adolescents followed.
 - Mindful Schools focuses both on the development of personal practice for educators and on the development of curriculum material for youth.

Mindfulness in the Context of Education

- New and rapidly growing
- Benefits we are seeing:
- ✓ **Focus and concentration** (necessary especially with the increasing use of technology)
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- ✓ **Increased self awareness** (Recognizing emotions)
- ✓ **Improved impulse control** (Creating Space!)
- ✓ **Reduced Stress** (Ability to calm down when upset)
- ✓ **Empathy** (for self and others)



Research and Neuroscience

- Mindful Schools research study
 - Largest to date on mindfulness in children and education
 - Over 900 students K-5, over 45 teachers
 - Improvements in Social, Emotional, Physical and Mental engagement
- The Mindful Brain
 - Role of Prefrontal Cortex (Executive functioning) – The Wise Leader
 - Amygdala – The Security Guard
 - Hippocampus – The Saver of Memories
- Impact in the classroom if these things are addressed

Model of program

- a. 16 lesson curriculum presented school wide 2x/week for 15 minutes per lesson
- b. Breathing, listening, seeing, movement, walking, eating, thoughts, emotions, heartfulness
- c. Three staff trainings

Experiential Introduction

- d. Mindful Listening
- e. Mindful Breathing

Questions