

# Mindfulness for your School

WSCA 2018

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Let's "Drop In"



What do you already know?



What do you want to know?

# What is mindfulness?



- ◆ A (mental) quality or state of being conscious or aware of something by focusing on one's awareness of the **present moment**
- ◆ Acknowledging and accepting one's feelings, thoughts, and bodily sensations **without judgement**
- ◆ [Mindfulness is a SuperPower: from Happify](#)





*Between stimulus and response there is a space. In that space is our **power** to choose our response. In our response lies our **growth** and our **freedom**.*

Victor Frankl

# Why do it at schools?

Supported by 30+ years of research and current neuroscience among adults, and a growing literature with youth.



Cognitive  
Outcomes



Better **focus**  
and **regulation**



Social-Emotional  
Skills



Improved **self**  
**regulation** as well  
as compassionate  
thoughts and  
behavior



Well-being



Decreased  
**stress, anxiety,**  
and **depression**

Find more at [MindfulSchools.org](https://www.MindfulSchools.org)

# How does it connect to School Counseling?



## Mindfulness meets ASCA Mindsets and Behaviors for Student Success

### Mindset Standards:

- ◆ M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.
- ◆ M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes

### Behavior Standards:

- ◆ B-SMS 2. Demonstrate self-discipline and self-control
- ◆ B-SMS 7. Demonstrate effective coping skills when faced with a problem



# How does it fit into what you're already doing?



**PBIS**

**SEL**

**Mindfulness**

Mindfulness practices connect students' inner and outer experiences, allowing emotional regulation and support so children can focus on learning the necessary social-emotional skills (SEL) that lay the foundation for the implementation of PBIS practices.

# What we did: Elina's implementation story



## 2014-15 K-6 @MASD

- ◆ PD Book study with 20 faculty
- ◆ Start Guidance lessons with a “drop in” primarily using [Calm Classroom](#)
- ◆ Piloted [MindUp curriculum](#) with 4 classrooms as year-long Guidance curriculum
- ◆ 470 4-6 gr students reflected in journals after practices  
(DATA!)

## 2015-17 K-6 @MASD

- ◆ Presented at district in-service, to parents and teachers.
- ◆ Taught in-depth lessons to 5th and 6th graders
- ◆ Completed two 6-week online courses with [MindfulSchools.org](#)
- ◆ Continue personal practice with [Calm.com](#) app (free to educators)
- ◆ Day long retreat

## 2017-now 5-8 @USM

- ◆ Use *Mindful Schools* curriculum to teach mindfulness in 5th grade along with *Second Step SEL* curriculum
- ◆ Support teachers in classroom implementations
- ◆ Organized training for staff with [Growing Minds](#) through a grant

# What we did: Kristin's implementation story



## 2016-17

- ◆ Attended a CESA 11 Workshop on Mindfulness
- ◆ Implemented in 1st grade classroom
- ◆ Mind in a jar
- ◆ Breathing techniques/ visuals
- ◆ Mind Yeti - <https://mindyeti.com>

## 2016-17 (cont.)

- ◆ SLO Work
- ◆ Implemented in 1st grade classroom
- ◆ Mindfulness Survey
- ◆ MEFS: 3x year (assessing 8 executive functioning skills)

## 2017-18

- ◆ Continues SLO work
- ◆ Followed last year's students to Second Grade
- ◆ Same Mindfulness Survey
- ◆ MEFS: 3x year: same students

## Goal for 2018-19:

- ◆ School-wide to support our PBIS efforts

# What we did: Erin's implementation story



## 2015-16

- ◆ Completed two courses with [Growing Minds](#)
- ◆ Established personal, ever-evolving practice
- ◆ Implemented curriculum with 6th and 7th graders
- ◆ Utilized mindful skills in leading a SAIG group with SSW

## 2016-17

- ◆ Continued curriculum with 6th grade
- ◆ Principal approved Foundations training for staff and requested mindful minute at staff meetings
- ◆ MS Counseling PLC researched around mindfulness and presented to all MPS counselors in May, 2017.

## 2017-present

- ◆ Continue teaching it in 6th grade
- ◆ [MPS is promoting mindfulness district-wide](#) through various vendors
- ◆ 17 7/8th grade classes are receiving training through [RESET MIND BODY](#)
- ◆ Staff continue to be trained through Growing Minds.

# How to use data to show impact



## Process Data:

- ◆ What was done for whom?
- ◆ Show the numbers
- ◆ 76 fifth grade students participated in mindfulness activities through Guidance

## Perception Data:

- ◆ What do people think they know, believe or can do?
- ◆ Pre-, post-surveys, questionnaires, [reflection journals](#)
- ◆ 57% of third graders believe practicing mindfulness helps them calm down

## Outcome Data:

- ◆ What impact does the work have on academic achievement, school climate, discipline referrals, etc.?
- ◆ 70% of students reported using mindful breathing techniques when upset or distracted

# What are the common “roadblocks”?



Mindfulness  
vs.  
Meditation

It's not for  
everyone

May  
resurface  
trauma

Differences  
in belief  
systems

One more  
thing to  
implement!



# Ideas for starting...



## During Guidance

Start lessons with “mindful breathing minutes” or “sprinkle” into already established Guidance lessons.

## Seek allies

Are there teachers already doing this in their classrooms? What are they doing? What do they need?

## Attend trainings

Seek out PD opportunities centered on mindfulness.

Find a meditation studio and take a class for yourself.

## Use (free) curriculum

MindUp and other books have lessons that could be adapted into Guidance or woven into regular classroom as SEL.

## Establish a personal practice

Start a practice at home--even 5 minutes a day to start.

Invite teachers to join you for a practice once a week before the start of a school day.

## What are your ideas?

Check out our [resources page](#) for more info on:



Books and  
articles for  
reference

[Elina's  
Youtube video  
collection](#)

Training  
resources for  
you and staff

Apps,  
websites,  
curriculums

The background features a central teal-colored area with the text 'Q&A Portion' in white. This teal area is framed by dark teal and lime green shapes that create a layered, mountain-like effect. The overall design is modern and minimalist.

# Q&A Portion



**Thank you!**

# Credits

Special thanks to all the people who made and released these **awesome resources** for free:

- ◆ Presentation template by [SlidesCarnival](#)
- ◆ Photographs by [Unsplash](#)