

Mindfulness for your School

WSCA 2018

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A photograph of a bamboo forest. In the foreground, a single, dark brown, gnarled tree trunk stands prominently on the left, leaning slightly. Behind it, a dense thicket of tall, slender, light-colored bamboo stalks reaches towards the sky. The perspective is from a low angle, looking upwards through the canopy. Sunlight filters through the leaves, creating bright highlights and deep shadows.

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?



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**

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

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: 3xyear (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

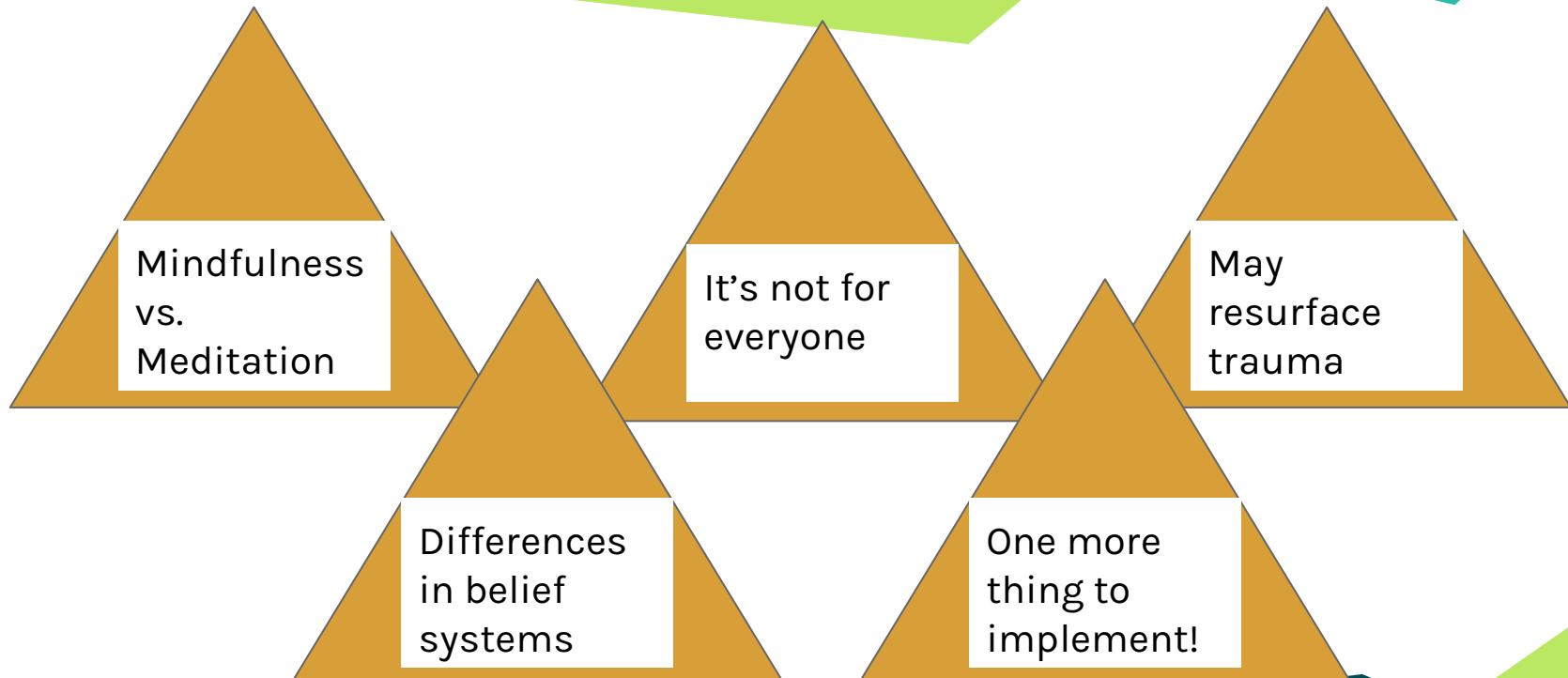
Perception Data:

- ◆ 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”?



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

Training
resources for
you and staff

Apps,
websites,
curriculums

[Elina's](#)
[Youtube video](#)
[collection](#)

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](#)