



Hello!

Welcome to **Beyond the basics of mindfulness in education**

Take a moment to walk around and write a response or two on the post-it “notes” around the room,

AND/OR start a topic of interest on one of the blank post-its.

Introductions and objectives

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Grades: 5-8

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Training and experience:

- ◆ Three courses with Mindful Schools*
- ◆ Growing Minds 2-days
- ◆ MBSR with Sounds True*
- ◆ Three 1-day silent retreats
- ◆ Four year (spotty) personal practice

*online

Presentation objectives:

Objective 1:

Participants will review the benefits of mindfulness in education and formulate effective ways to share that information with all school stakeholders.

Objective 2:

Participants will develop short and long-term goals around their mindfulness implementation and brainstorm steps for achieving those goals with input from the larger group.

Objective 3:

Participants will increase their mindfulness support system, and learning community.



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



The faculty of bringing back a wandering attention over and over again is the very root of judgment, character and will...An education which should improve this faculty would be the education par excellence.

William James

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

My journey to implement at MASD and USM

Students

Lessons

- ◆ Lesson integration
- ◆ Reflection journals
- ◆ MindUp pilot
- ◆ CalmClassroom pilot

Group and Individual

- ◆ Starting sessions
- ◆ Calm Jar/brain talk
- ◆ Mindful Jenga
- ◆ *Sitting Still Like a Frog*
- ◆ Zen room
- ◆ Recess invite
- ◆ CAT class

Faculty/Admin

- ◆ In-services
- ◆ Division meetings
- ◆ Pilot partners
- ◆ PD hours book study
- ◆ Mindfulness PLC
- ◆ Growing Minds grant
- ◆ Advising lessons
- ◆ Supporting individual teachers
- ◆ Once a week practice

Parents/Community

- ◆ G&T parent presentation
- ◆ Newsletters
- ◆ Lesson highlights
- ◆ Twitter
- ◆ Articles and events in weekly school newsletter
- ◆ PA “Wildcat coffee” presentation
- ◆ Sharing resources with individual parents

Highlights from implementation thus far

Reflection Journals

- ◆ Self-awareness
- ◆ Data
- ◆ Examples
 - ◆ [Journals](#)
 - ◆ [Numbers](#)

Calm Jar

- ◆ Brain metaphor
- ◆ *Just Breathe* video
- ◆ [Lesson](#)
- ◆ Individual sessions

Teacher collaboration

- ◆ *MIndUp* Guidance lessons
- ◆ 1st grade *Calm Classroom* pilot
- ◆ K, 4 and 6 individual teacher
- ◆ Growing Minds grant and training

Parent communication

- ◆ Strategies for behavior and emotions
- ◆ Sharing books, apps, websites
- ◆ Talk with brain specifics highlighted

Need for stress reduction and self-care

Curriculum integration

On-going, life-long process--no expectation to know everything about mindfulness and SEL

Engaging the adults

Growth mindset and neuroplasticity

Short practices for resetting the nervous system: 2 add 10

Make it easy: share drives, Youtube playlists, guided practice scripts, practice “menus”

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

Example of a survey (Thanks, Kristin!)

<https://goo.gl/forms/POI7kP9laksOrqiK2>

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)

SEL skills with mindfulness

Self awareness

Self management

Relationship skills

Decision making

Social awareness

Increase **selective** attention

Increase **emotional** regulation

Increase **compassion**

Increase analytical and evaluative skills

Increase **empathy**

Strengthen **meta-awareness**

Increase **self-regulation**

Improve **listening** and communication skills

Increase **cognitive control**--ability to focus on a goal

Improve **perspective taking**

Improve ability to **allocate** attention to subtle changes in experience

Strengthen **resiliency** skills

Fac/Admin/
Parent
Presentation
Slide



Ideas for personal and family practice



Parent
Presentation
Slide

1-2 minutes

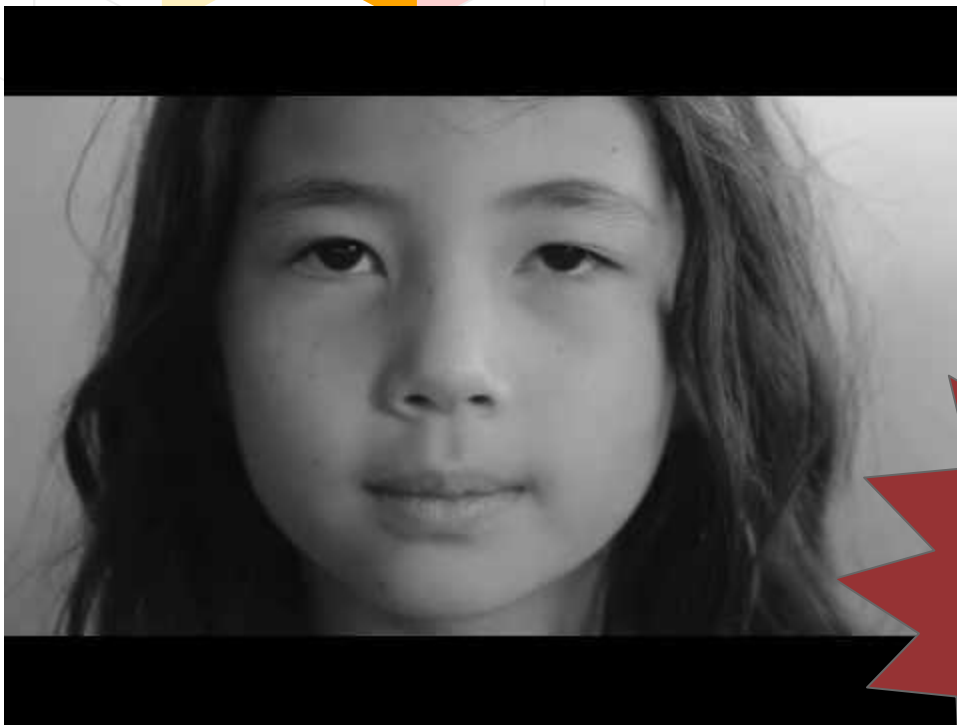
- ▶ Breathe with an emotion
- ▶ Count to 9
- ▶ 5 finger gratitude
- ▶ Drop-in 911
- ▶ 1+3+10
- ▶ Wakeful 2

5-7 minutes

- ▶ *MindYeti*
- ▶ Senses 1-5
- ▶ Belly breathe with a lovie
- ▶ Mindful eating or walking
- ▶ *SimpleHabit*

10+ minutes

- ▶ *Calm.com*
- ▶ Mindfulness of breathing with *Enso*
- ▶ Sensory walk
- ▶ Color or origami while tuning into feelings



Fac/Admin/
Parent
Presentation
Slide

Just Breathe

Slow down time: Resetting the nervous system

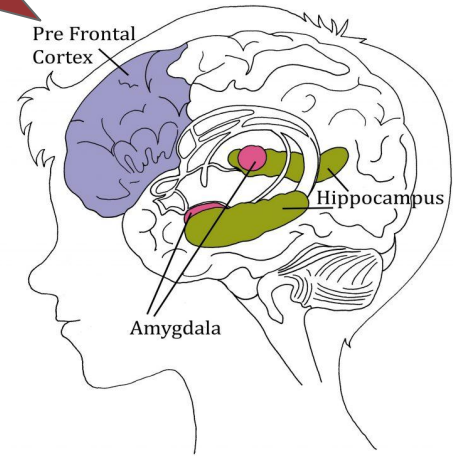


Fac/Admin/
Presentation
Slide

Need for “slow down time”

Fac/Admin/
Presentation
Slide

- Stress Response
- Sympathetic and Parasympathetic Nervous Systems
- Thinking Mind and Sensing Mind



Pop stars and athletes
meditate

TedxYouth: *Why aren't we
teaching you mindfulness?*

Engaging the students

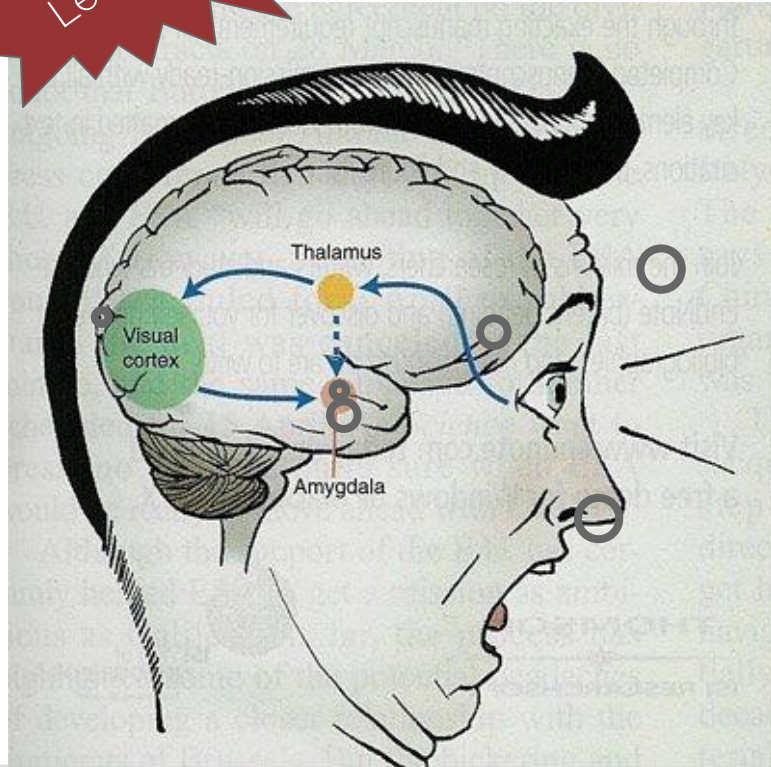
It's your brain! Neuroplasticity
and purpose

Not just a sitting still practice

Mental Health needs:
Stress and Anxiety

Mindfulness and The Brain

Example
Lesson



The "Lizard Brain"



Example Lesson

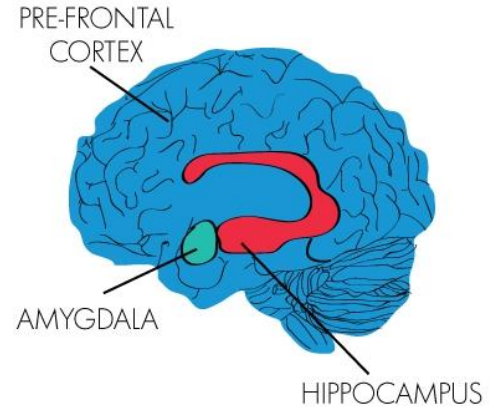


Prefrontal cortex
P.F.C.
"THE WISE LEADER"



"Flipped Your Lid"

The big emotions, anger, fear,
anxiety etc...
The AMYGDALA - The alarm center
Acts on instinct
fight, flight or freeze



momentous institute

Today's lesson



- 1) Practice: Flower hands
 - 2) Review roles of amygdala, hippocampus, and PFC
 - 3) Lesson: Strengthening the brain for non-reactivity
 - 4) Home practice explained
-

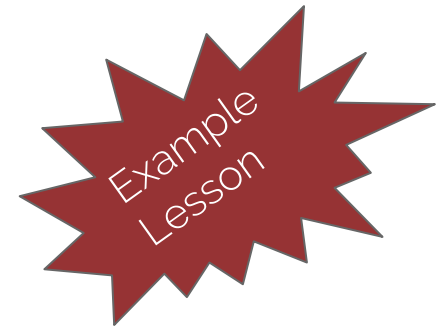
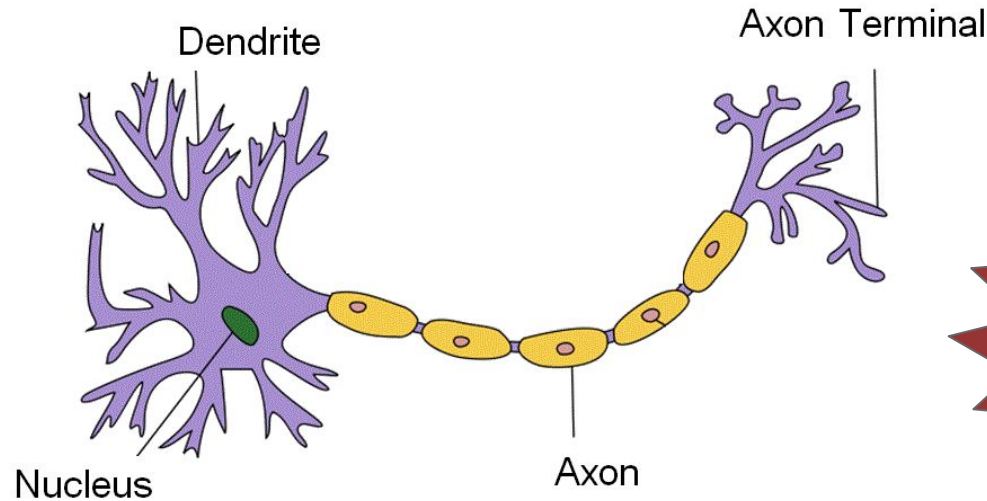
Our emotional reactivity/response system



Amygdala

Hippocampus

Pre-frontal Cortex



Practice makes permanent



Example
Lesson

Home practice

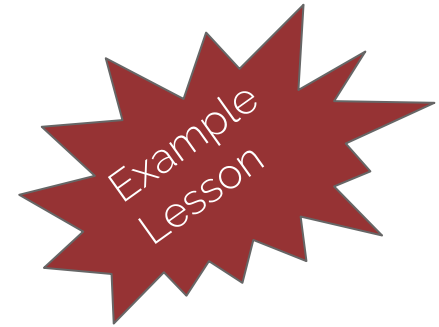


Day 1

How did you anchor your breath?

Date:

Describe your experience



MindUp
Growing Minds
Mindful Schools
Calm Classroom
DBT for Schools
Kindness Curriculum

*Curriculum
Sources*

Jon Kabat-Zinn
Susan Greenland
David Rechtschaffen
Rick Hanson
Richard Davidson
Amishi Jha

Daniel Goleman
Daniel Siegel
Sharon Salzberg
Peter Levine
Eline Snel
Sam Harris

*People of
"note"*

Mindfulness in Education summit (Free and Online)
<https://www.mindfulnesseducationsummit.com/launchpage>

Sources and Resources

Resource Google doc: <http://bit.ly/2MN2LCR>
My Youtube playlist: <http://bit.ly/2MMta3E>

Growing Minds
Mindful Schools
Mindful.org
Center for Healthy Minds
Greater Good Science Center

*Research
Lessons
Training*

ZenDen/Cosmic Kids
Calm.com (free for Educators)
GoNoodle
Take5ive
Focus 5 from SERP

*Free Guided
Practices*



Books in my office

Reflecting and Connecting

My goals for this year and next

- ◆ Continue DBT lessons
- ◆ “Coffee” talk for MS parents
- ◆ Continue mindfulness at recess and run CAT class

- ◆ Intro to “in-seat” coping skills and “Zen” room
- ◆ Engage one more teacher in regular classroom practice

What are your goals?

What resource will you look into after today?

Last few minutes

Connect around a “post-it” topic and take time to share ideas and compare notes



Thank you!

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Credits

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

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

Presentation design

This presentation uses the following typographies and colors:

- ◆ Titles: **Raleway**
- ◆ Body copy: **Karla**

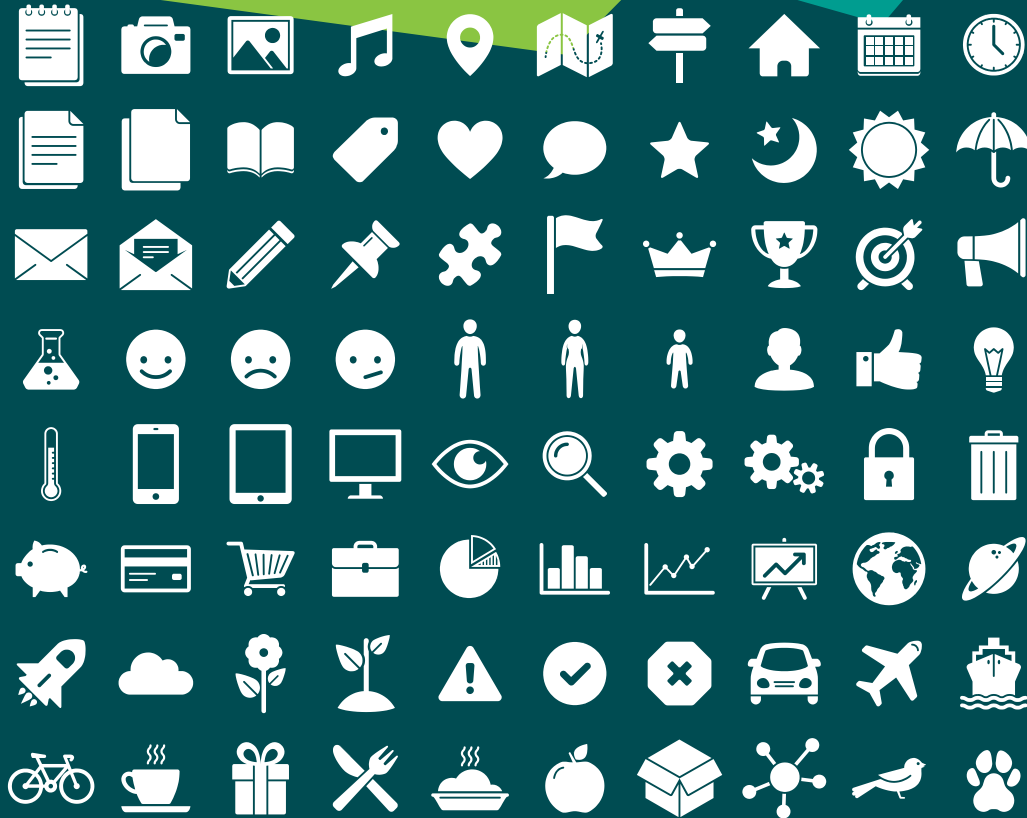
You can download the fonts on these pages:

<https://www.fontsquirrel.com/fonts/raleway>

<https://www.fontsquirrel.com/fonts/karla>

Dark green **#004c52** / Aqua green **#00ae9d** / Lime green **#abe33f**

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SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change fill color and opacity.
- Change line color, width and style.

Isn't that nice? :)

Examples:

