

Mindful Schools

Engaging children. Supporting educators.
Transforming schools.

Mindful Schools teaches children and adults how to pay attention, control their impulses, reduce stress, and build community.



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About Mindful Schools

Founded in 2007, our mission is to lead the integration of mindfulness into education. We achieve this through **in-class instruction for children** and **courses for adults**.

Our in-school program brings dramatic improvements in **concentration, attention, and empathy** among students, while building a **climate of calm** in the classroom.



As of Summer 2011, Mindful Schools has taught over **11,000 children** and **500 teachers** in **41 schools** (71% serving low-income youth).

“The thing about mindfulness is that when you are going to do something bad, you know it and you can stop.”

– Fifth Grader

Mindful Schools has also conducted **training and workshops** for over 1,500 public and private school teachers, therapists, and other professionals in education and social work.

“I had decided this would be my last year teaching until the mindfulness program began at my school. Now I am rededicated to my profession.”

– East Oakland First Grade Teacher

Mindfulness: Our Secret to Success

Mindfulness is the mental faculty of purposefully bringing non-judgmental awareness to one's experience.

Mindfulness creates space, replacing **impulsive reactions** with **thoughtful responses**.

Without Mindfulness:



With Mindfulness:



30 years of extensive research on mindfulness applications shows its effectiveness in treating illness, anxiety, stress, and depression. Leading companies are now using mindfulness as well.

It is time to bring this skill to schools because it:

- **Increases Attention Span:** creating more focus and higher academic achievement
- **Improves Impulse Control:** making classroom management easier, increasing teaching time
- **Reduces Stress:** leading to happier and more effective kids and teachers
- **Builds Community & Empathy:** leading to a healthier school community

Mindfulness is highly preventive, addressing issues before they become deep-rooted and costly to address.

“The suspension rate at our school has dropped from 14 last year to 6 this year.”

– Lake Shore Elementary School, San Francisco

Our Curriculum

We use a simple, varied, secular, hands-on curriculum tailored for children:

- Active participation, not passive learning
- 15 minutes, 2 times a week, for 8 weeks
- Children are guided through a series of exercises and discussions
- Tested and improved based on our experience teaching over 11,000 children

Sample modules:

- Listening to sound
- Focusing on breathing
- Taking tests
- Developing empathy
- Resolving conflicts

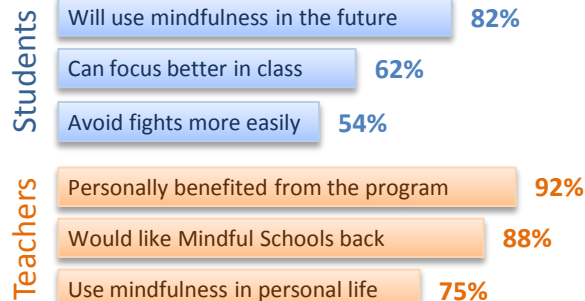


Proven Results

Research studies: our pilot IRB study suggests that our program dramatically improved executive attention, a strong predictor of academic success. Further research is in progress.

Anecdotes: we have hundreds of amazing stories from educators, parents, and children.

Surveys from 1,394 students and 126 teachers:



Training for Educators and Parents

We offer courses and customized workshops for educators, administrators, psychologists, and parents.

Level One: Mindfulness Fundamentals

This 12-hour, six-week course covers basic mindfulness techniques that will help any adult reduce stress and increase well-being.

"I plug this with every parent, teacher, and youth worker I encounter." – Participant

Level Two: Curriculum Training

This 16-hour, three-day course, based on the Mindful Schools Elementary School curriculum, explains how to teach mindfulness to children in a classroom setting. Lessons can easily be adapted for home, educational programs, or private therapy practice.

"I really enjoyed learning how to teach the mindfulness curriculum. I will be sharing this with other teachers and using this in my classroom." – Participant

Mindfulness Support Sessions

Weekly and day-long practice sessions consist of guided and silent mindfulness practice time, small group discussions, question and answer sessions, and mindful movement.

We offer financial assistance, including sliding scales and work-trade scholarships, for those in need.



How You Can Help

- **Introduce** us to your school and colleagues.
- **Connect** us to foundations or individuals who are passionate about transforming education.
- **Encourage** friends to join our mailing list.
- **Volunteer** to assist our dedicated team.
- **Donate** to our efficient and low-cost program.

- **Online:** www.mindfulschools.org

- **By mail:** 1944 Embarcadero
Oakland, CA 94606

All donations are tax-deductible.

"As a Mindful Schools funder, we have been delighted with the diverse and balanced skills of the team, as well as their ability to consistently deliver powerful results at very low cost."

– Joanie Kriens

President, Kriens Family Foundation



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*Mindful Schools is a 501(c)(3) non-profit organization.
Mindful Schools began as a community outreach program of Park Day School in Oakland, California.*