



School Staff Presentation Agenda

Note: This meeting can be combined with the “Pre-Start meeting” if appropriate.

I. Welcome, Introductions

II. What is Mindfulness?

- Paying attention on purpose without judgment
- 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.”

III. History of Mindfulness

- Mindfulness can be traced back thousands of years to ancient practices and traditions
- Introduced in secular applications beginning over 30 years ago through the work of Jon Kabat-Zinn and MBSR (Mindfulness Based Stress Reduction)
- Now in medicine, psychology, corporate settings to address illness, pain and stress, among other things
- 30 years of research showing
 - decreased depression, anxiety, stress
 - improved sleep (reduced insomnia)
 - increased physical and mental ease & well-being, increased resonance with others
 - among many other things
 - 40 studies/month are currently coming out on mindfulness!

IV. Mindfulness in Education

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

V. 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 (Siegel's 9 functions)
 - Amygdala
 - Hippocampus
- Impact in the classroom if these things are addressed

VI. Model of program

- 16 lesson curriculum presented schoolwide 2x/week for 15 minutes per lesson
- Breathing, listening, seeing, movement, walking, eating, thoughts, emotions, heartfulness
- Three staff trainings

VII. Experiential Introduction

- Mindful Listening
- Mindful Breathing

VIII. Questions