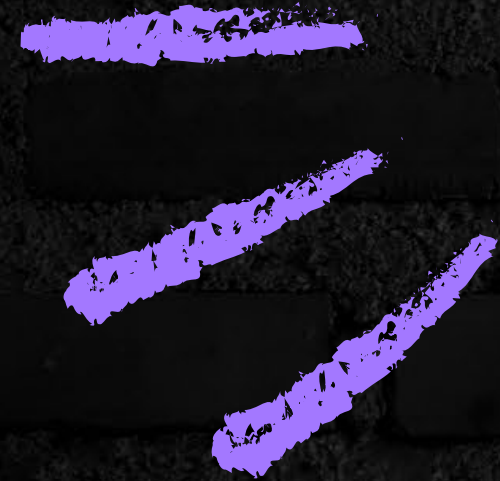


February 2024

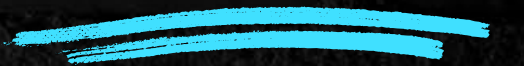


BE MORE

MINDFUL



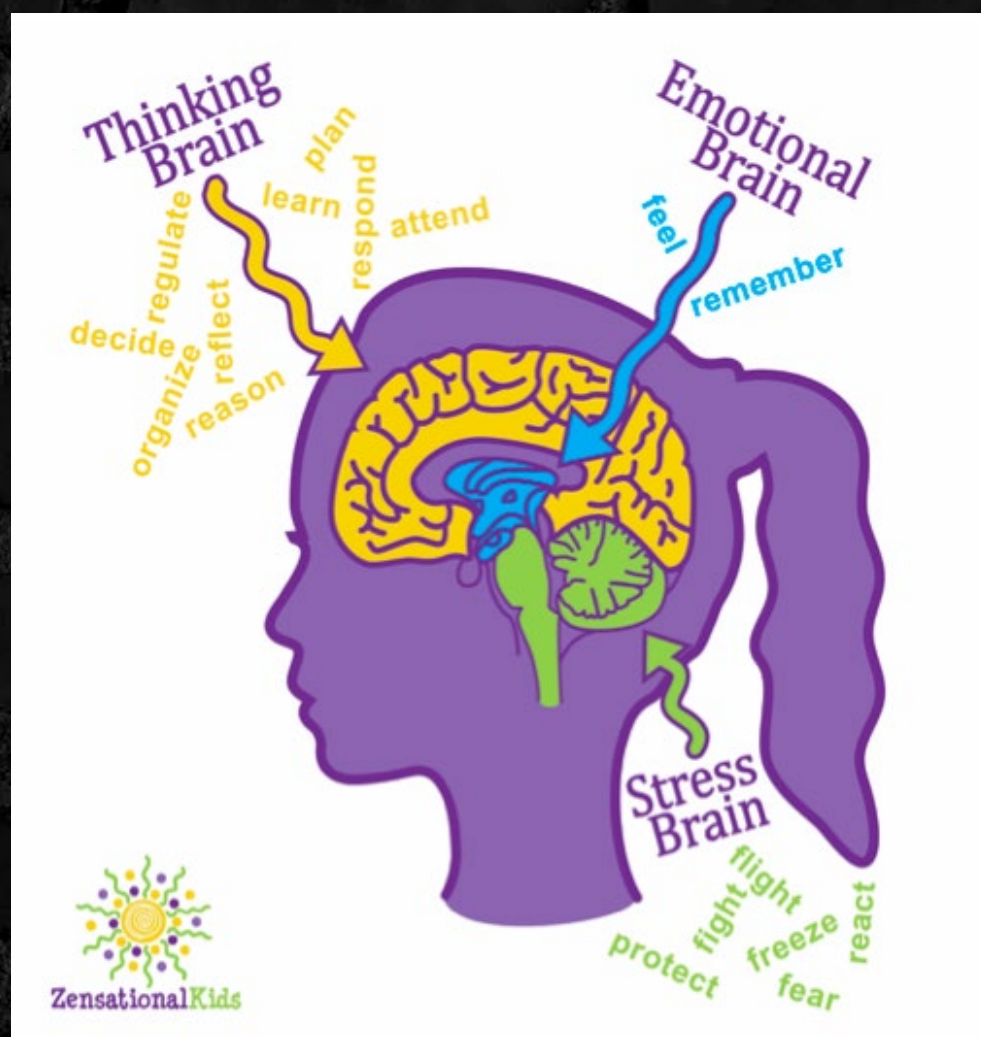
Tiffany Cook, LCSW



THE

REASON

Relaxation Response	Stress Response
Heart rate slows	Heart rate increases
Parasympathetic nervous system is triggered (part of the nervous system that helps the body rest and relax)	Sympathetic nervous system is triggered (part of the nervous system that helps to cope with stress)
Blood is directed away from major muscle groups and back into the gut	Blood is directed away from the gut and into major muscle groups
Digestion improves	Digestion does not work as well
Sleep improves	Trouble sleeping
More calm, focused personality	Irritability
Sense of wellbeing increases	Sense of wellbeing decreases

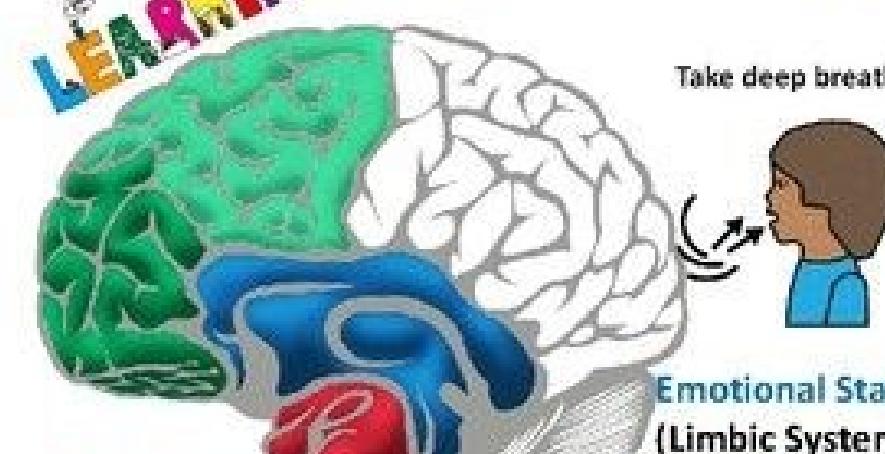


Executive State (Prefrontal Lobe)

Where I learn...  
I am Calm...  
I am safe...



LEARNING



Take deep breath

Survival State (Brain Stem)  
I am not thinking...  
Screaming...  
Running...  
Not sure if safe...  
Want to scream...

Emotional State (Limbic System)  
Things are changing...  
I feel Crazy...  
Nervous...



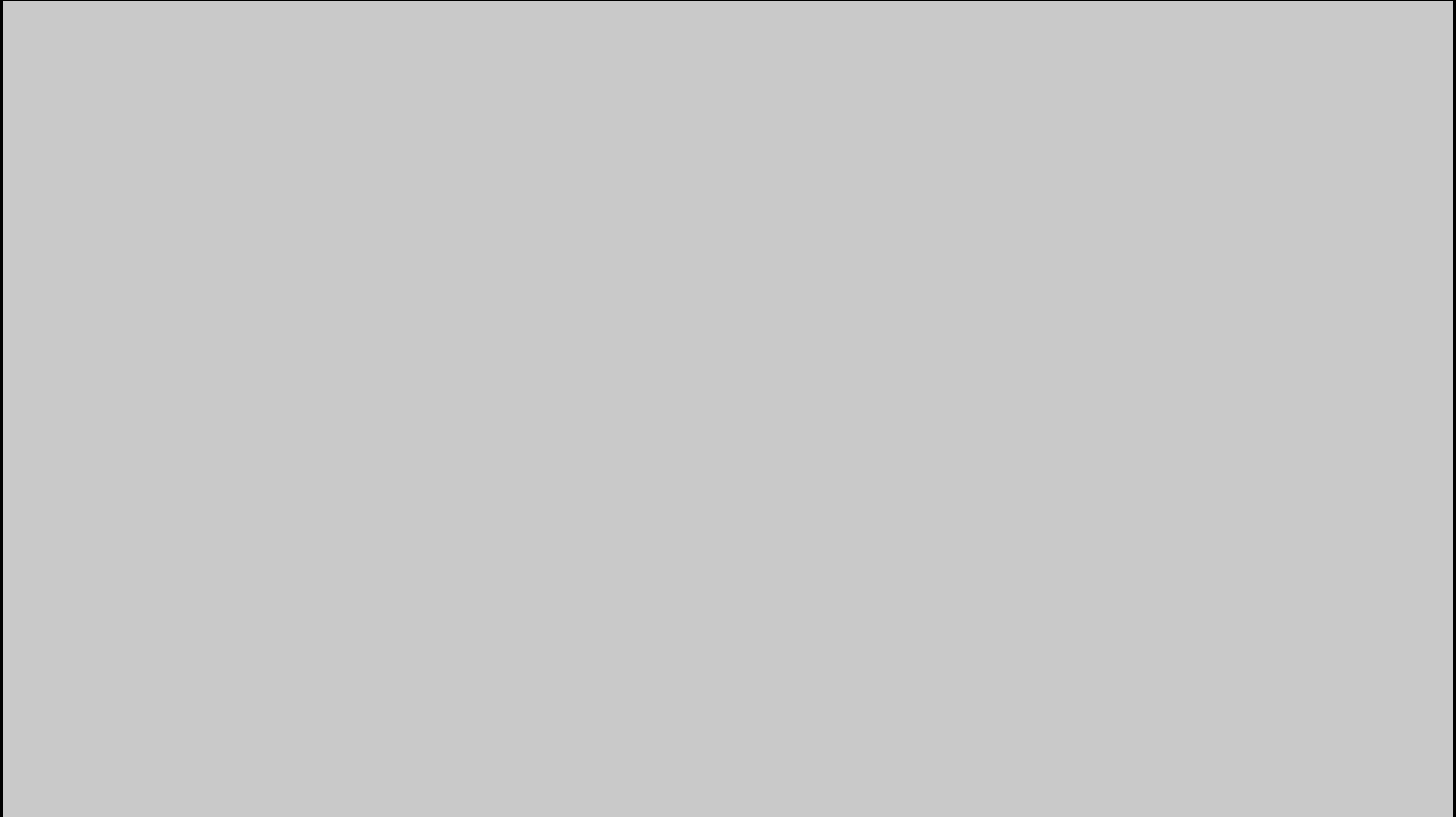
THE

REASON

THE MODERN  
WORLD

TECHNOLOGY

FAILURE TO SLOW





WHAT IS



MINDFULNESS

Mindfulness means living in the present moment. It means being (intentionally) more aware and awake to each moment and being fully engaged in what is happening in one's surroundings – with acceptance and without judgment.

- You Matter






# THE WHY

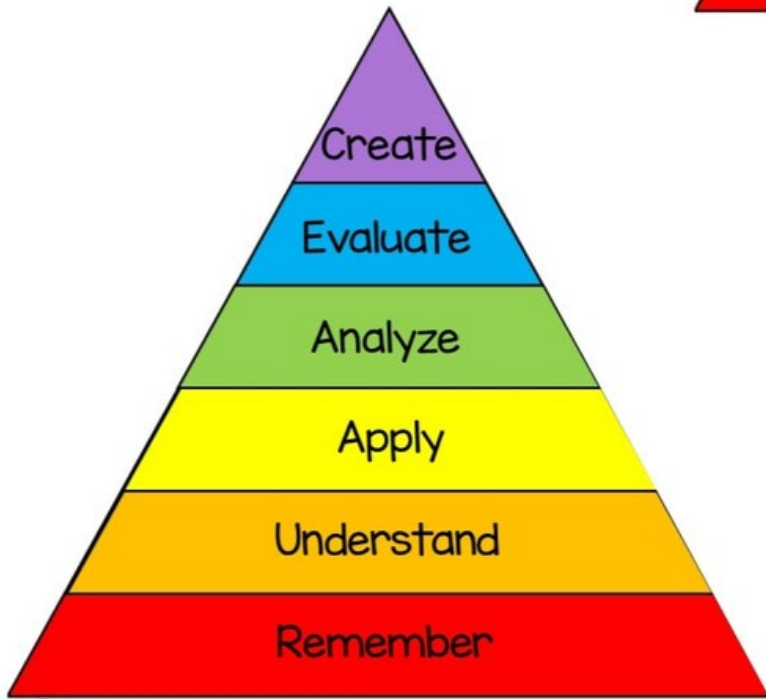
KIDS ARE STRESSED.  
1 IN 8 CHILDREN IN THE  
UNITED  
STATES SUFFERS FROM  
ANXIETY  
DISORDERS. (NATIONAL  
INSTITUTES  
OF HEALTH)

1 IN 5 CHILDREN SUFFERS  
FROM  
A MENTAL HEALTH OR  
LEARNING  
DISORDER, AND 80% OF  
CHRONIC  
MENTAL DISORDERS BEGIN  
IN CHILDHOOD. (CHILD  
MIND  
INSTITUTE)

TEACHERS ARE STRESSED.  
ACCORDING TO RESEARCH, MOST  
TEACHERS EXPERIENCE JOB  
STRESS  
AT LEAST TWO TO FOUR TIMES A  
DAY, WITH MORE THAN 75 % OF  
TEACHERS' HEALTH PROBLEMS  
ATTRIBUTED TO STRESS.  
(NATIONAL  
EDUCATION ASSOCIATION)



# Maslow Before Blooms



How can we help our students?

[bit.ly/ElementaryMatters](http://bit.ly/ElementaryMatters)

# Maslow Before Bloom



# The Why part 2

**Why kids need mindfulness**  
COUNSELOR Keri

- Improved emotion regulation
- Increased self esteem
- Decreased worry
- Improved concentration
- Better mood
- Better decision making
- Increased body image
- Improvements in social skills

## Research Supports Yoga & Mindfulness in Schools

There's been a lot of interest in recent years about the potential benefits of implementing yoga and mindfulness in schools. While research on school-based yoga and mindfulness is in its early stages, the initial results are promising.

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<h3>Mental Health and Resilience</h3> <p>Reduces anxiety,<sup>1</sup> problematic stress responses<sup>2</sup> and depression.<sup>3</sup> Improves resilience<sup>4</sup> and coping frequency.<sup>5</sup></p> <p><sup>1</sup> Nagle (2012)   <sup>2</sup> Mendelson (2010)   <sup>3</sup> Sibinga (2015)   <sup>4</sup> Sarkisian (2018)   <sup>5</sup> White (2012)</p>	<h3>Social-Emotional Skills</h3> <p>Improves social-emotional outcomes<sup>6</sup> such as self-regulation<sup>7</sup> and social skills.<sup>8</sup> Reduces problem behaviors such as suspensions and disciplinary referrals,<sup>9</sup> bullying<sup>10</sup> and hostility.<sup>11</sup></p> <p><sup>6</sup> Maynard (2017)   <sup>7</sup> Ruzza (2015)   <sup>8</sup> Fishbein (2016)   <sup>9</sup> Baksoh (2015)   <sup>10</sup> Centesio (2017)   <sup>11</sup> Frank (2014)</p>
<h3>Physical Health</h3> <p>Increases physical well-being<sup>12</sup> and physical fitness<sup>13</sup> as well as flexibility, balance and strength.<sup>14</sup></p> <p><sup>12</sup> Chen (2014)   <sup>13</sup> Purshitt (2016)   <sup>14</sup> Felleto (2016)</p>	<h3>School /Classroom Climate</h3> <p>Cultivates positive climates by fostering beneficial mental, social-emotional, academic and physical outcomes for educators and students.<sup>22, 23, 24</sup></p> <p><sup>22</sup> Roemer (2012)   <sup>23</sup> Wisner (2014)   <sup>24</sup> Kiely (2017)</p>
<h3>Academic Performance</h3> <p>Enhances focus and attention<sup>15,16</sup> and supports positive academic outcomes such as improving grades<sup>9,17</sup> and test scores,<sup>18</sup> and preventing declines in Grade Point Average (GPA).<sup>19</sup></p> <p><sup>15</sup> Baksoh (2015)   <sup>16</sup> Mak (2018)   <sup>17</sup> Tarrach (2018)   <sup>18</sup> Bennett (2018)   <sup>19</sup> Bellinger (2015)   <sup>20</sup> Butler (2015)</p>	<h3>Teacher Well-Being</h3> <p>Educators who participate in yoga-and-mindfulness-based training experience improvements in mood, classroom management, physical symptoms, blood pressure and cortisol awakening response<sup>20</sup> as well as teaching efficacy, well-being, stress reduction and burnout prevention.<sup>21</sup></p> <p><sup>20</sup> Harris (2016)   <sup>21</sup> Jennings (2013)</p>

For more, visit [www.yoga4classrooms.com](http://www.yoga4classrooms.com) to download the free *Research Repository: Yoga, Meditation and Mindfulness for Children, Adolescents and In Schools*, sponsored by Yoga 4 Classrooms®/ChildLight Yoga®

yoga4 classrooms®  
Tools for Learning. Lessons for Life.

CHILDLIGHT yoga



THE

WHEN

MORNING MEETING

LUNCH/RECESS

ROTATIONS/SPECIALS







**THE**

**HOW**

**PLACE**

**PRESENT**

**PRACTICE**

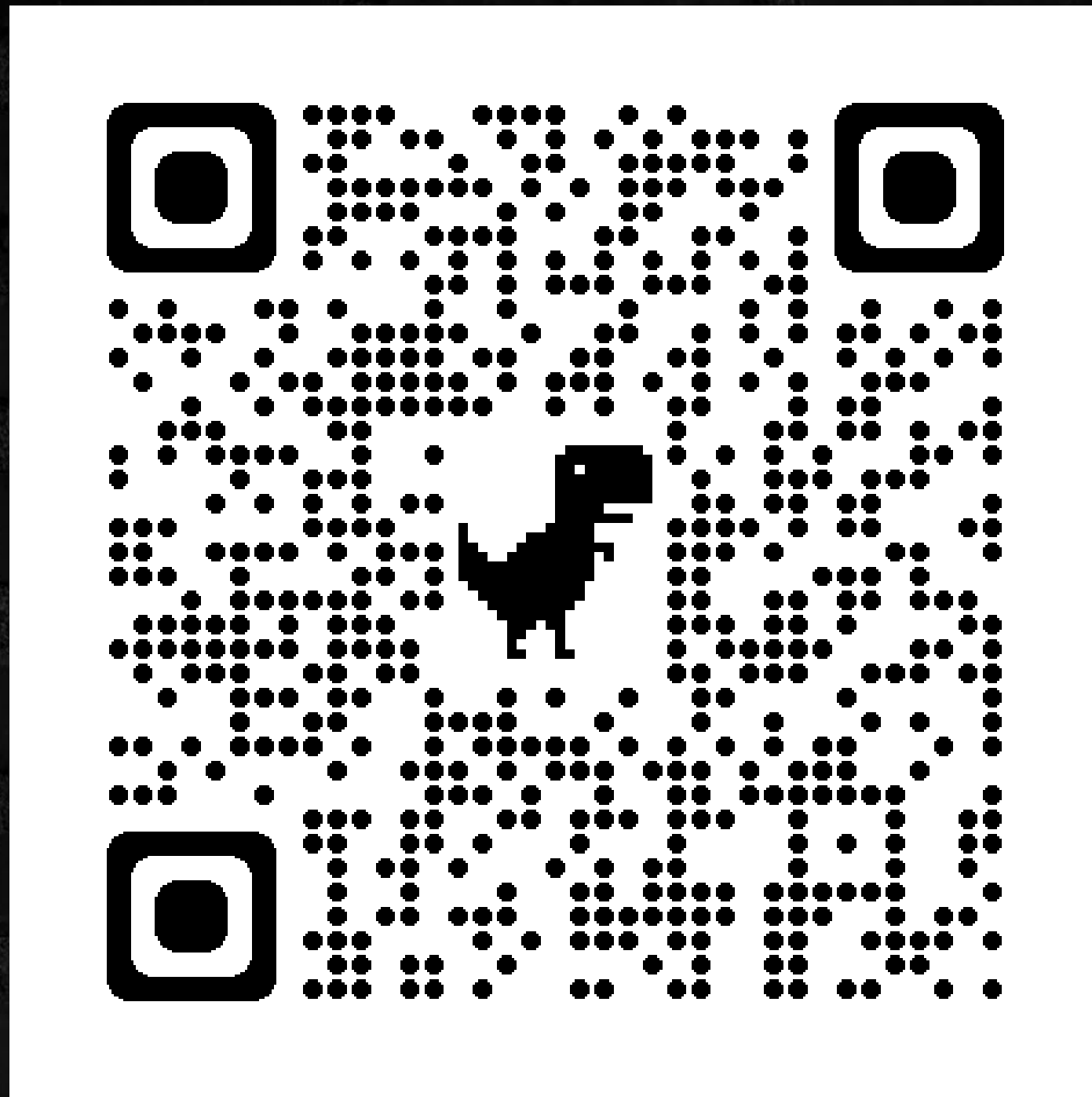




## *What Is Mindfulness?*

Mindfulness is the basic human ability to be fully present, aware of what is happening now, without becoming overwhelmed by what's going on around us.





[Sample schedule for teachers](#)

**MINDFUL**

**APPS**

**FREE**

**INSIGHT**

**TIMER**

**CALM**

**MY LIFE**  
**MEDITATION**

**HEADSPACE**

**DREAMYKID**

**SMILING MIND**

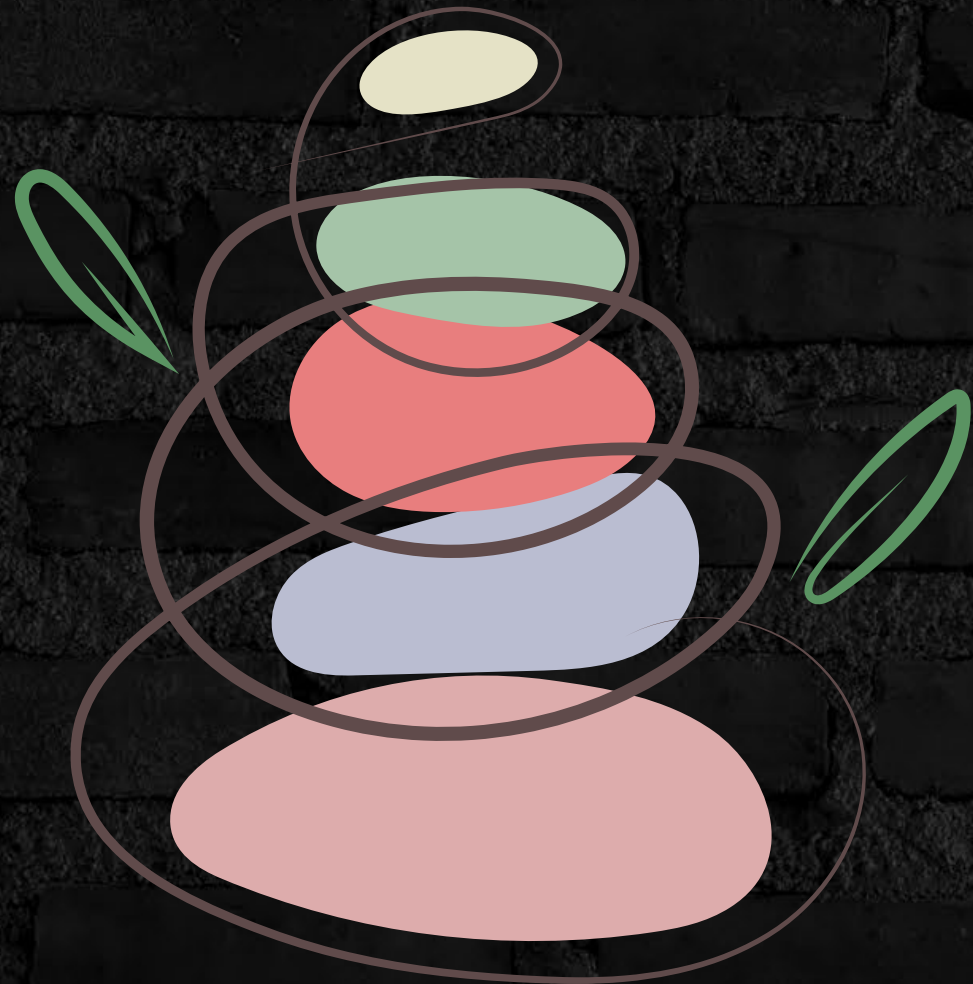
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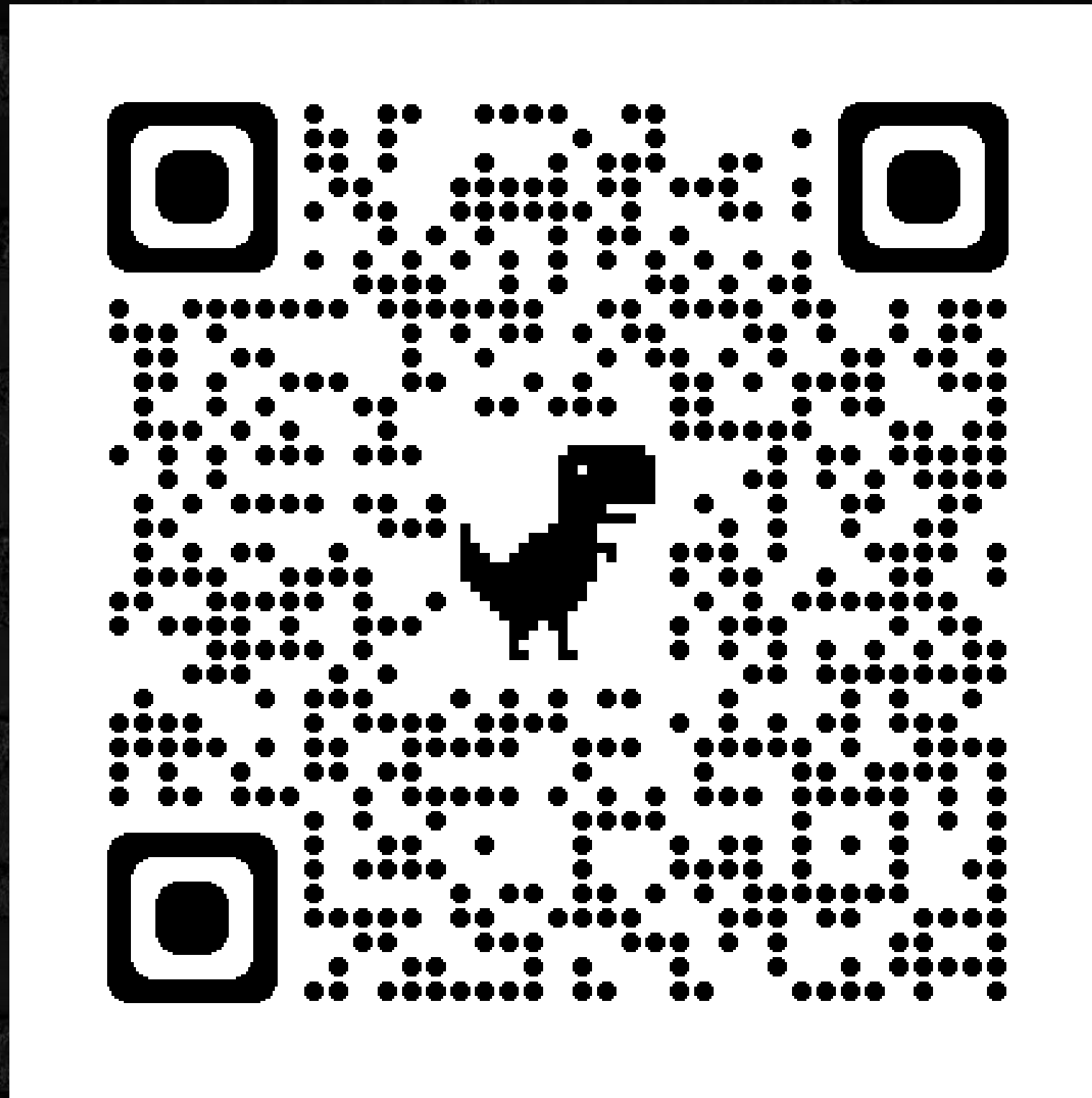
CALM

& be

KIND







[Mindful exercises](#)

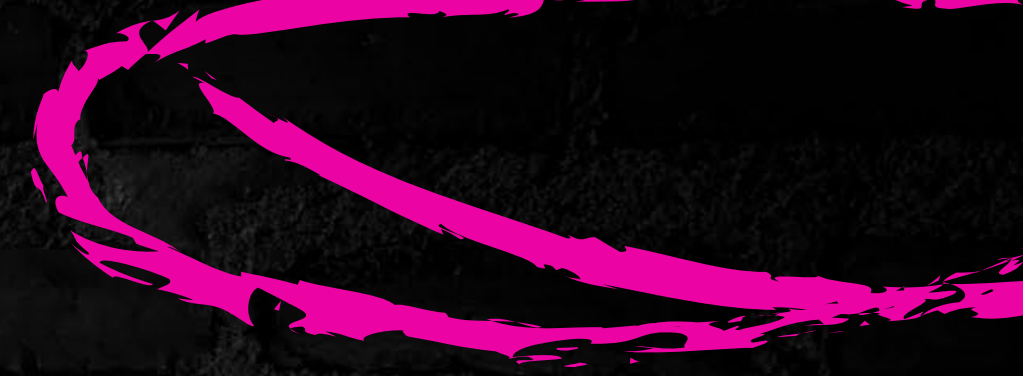
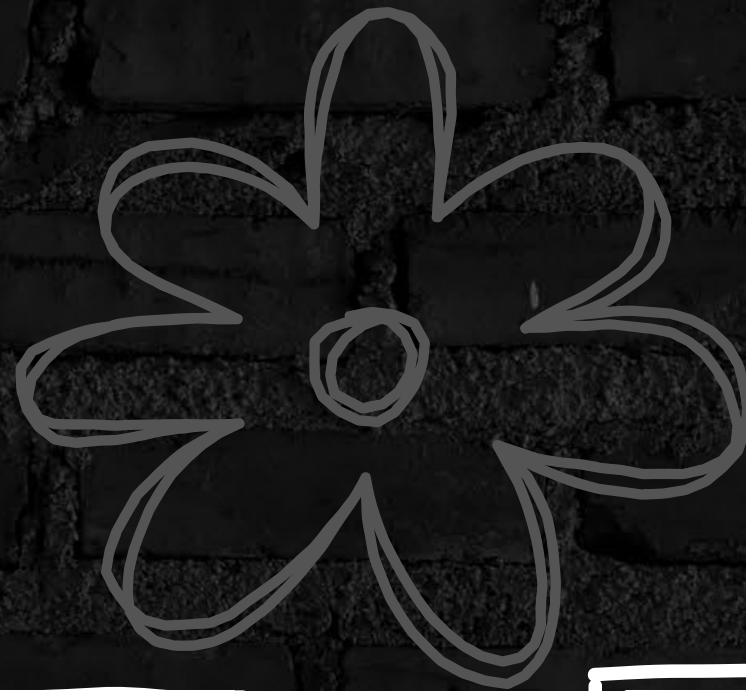
# YouTube Channels

NAMESTE IN  
SCHOOLS

BRIGHTENUP!KIDS

GO NOODLE

THE MINDFULNESS  
TEACHER



SECOND  
STEP

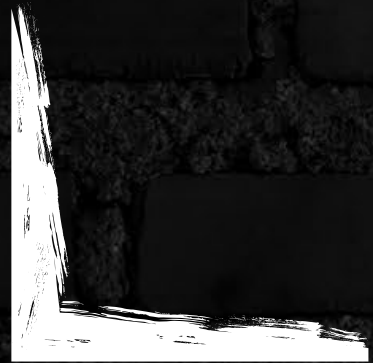
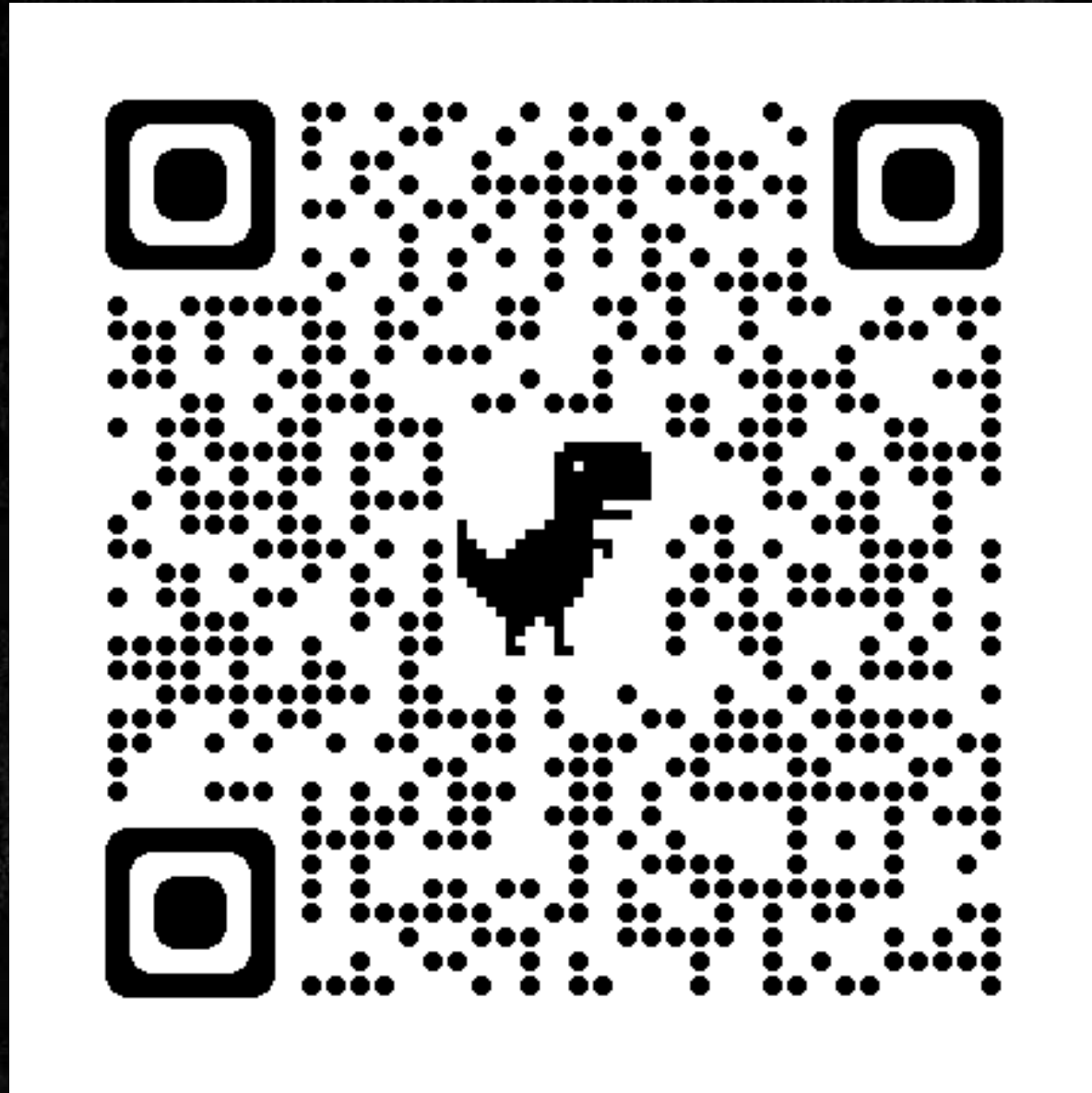
MIND YETI



FIRST

FIVE





Pre/post assessment

# Keys to Success

- Staff buy in-Start with teachers
- Who already does it?
- Teacher willingness
- Know the science and benefits
- Simplicity

WITH MINDFUL SCHOOLS

*Mindfulness isn't just  
one more thing.*

*It's the one thing  
that makes everything else  
more effective.*

#MINDFULSCHOOLS

