

Bennie Elementary School

Our Journey Toward Mindfulness



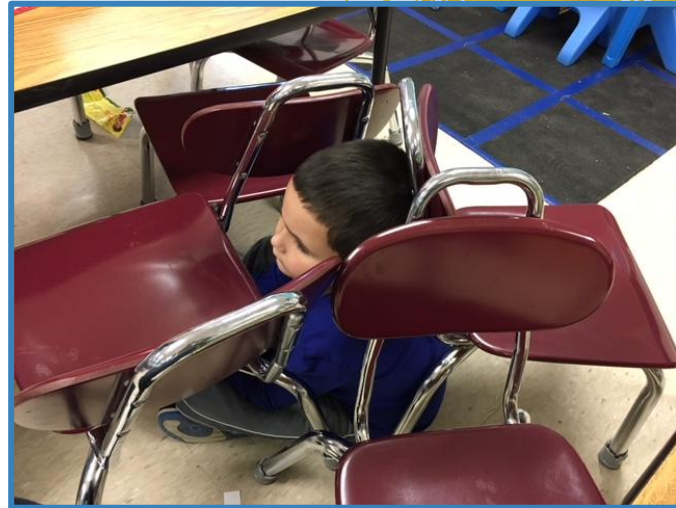
Why Did We Begin?

The idea for a Mindfulness Room was shared by Khris Nedham in Warren Consolidated district --

Closet turned into useful space!

We noticed a need for support with self-regulation, especially in our youngest students.

We wanted to develop **kindness** and **gratitude** and encourage students to **respond** rather than react.



First Step: Staff Training



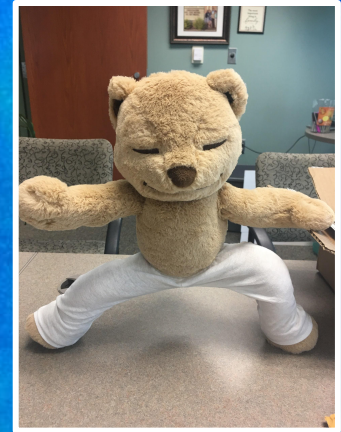
Mindful
SCHOOLS

For 6 weeks in the spring of 2017, 32 staff members participated in the Mindfulness Fundamentals course through Mindful Schools.

This group was made up of the following staff:

- 17 classroom teachers K-5
- 4 special subject teachers (Art, Media, Music)
- 3 support teachers (Literacy Support; Resource Room)
- 2 support staff (School Social Worker; Speech Therapist)
- 1 lunch para
- 1 administrator

Course registration paid through school Misc. funds



Yoga Trial

For 6 weeks in April & May 2017, Tuesday morning yoga sessions were held for mentors & mentees.

Cosmic Kids Yoga was used as the instruction.

Families were invited to join students on the final day.



Preparing for the Coming Year

- Transitioned Office Conference Room to Mindfulness Room
- Created Calming Kits for every classroom, including special classes
- Gathered teacher volunteers for morning yoga 4 days a week
- PBIS Team changes:
 - Weekly student recognition from 2 teacher nominees to Kindness Coupon recognition (could be from peers or staff)
 - Transition from Good News Postcards to positive phone calls home
- Recommendations
 - Morning Meetings in classrooms
 - Regularly scheduled Brain Breaks

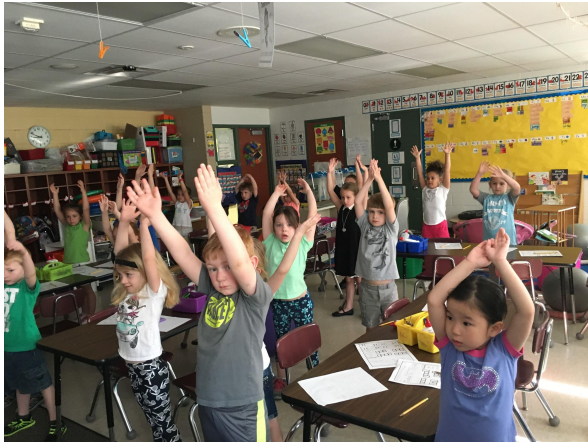
Calming Kits and Mindfulness Room updates paid for through donations from PTA and sale of Smencils.



Tier 1: Mindfulness Practice

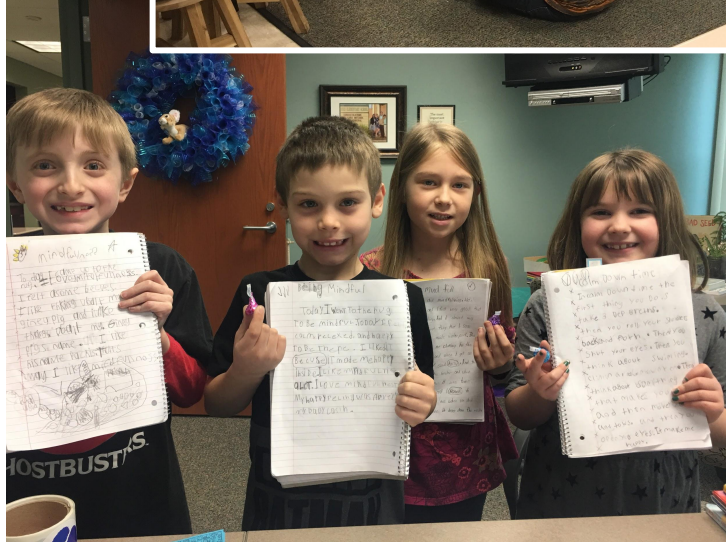
Teachers encouraged to introduce principles of mindfulness to students:

- GoNoodle Flow Channel <https://youtu.be/mcZm2oJ7DKE>
- MindUp curriculum resources



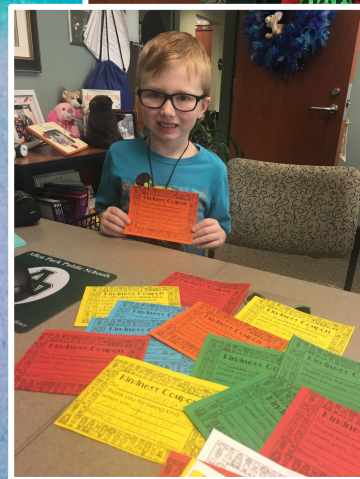
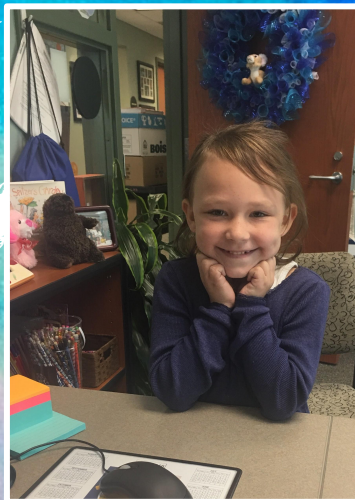
- Class Dojo Mindfulness resources
<https://ideas.classdojo.com/b/mindfulness>
- Morning Meeting or Community Circle
<https://youtu.be/LmLxAzna4YI>





JJ Being Mindful
 Today I went to the rug
 to be mindful. Today I feel
 calm, relaxed, and happy
 to be there. I liked it
 because it made me happy
 inside. I like mindful things
 a lot. I love mindfulness.
 My happy feeling was a very
 my baby's h.

Kindness Coupons & Positive Phone Calls



Tier 1: Yoga Club

- Introduced to two grades at a time beginning in September 2017.
- All students welcome 4 days per week
- 4 different staff host and use different resources
 - Monday -- YouTube channel
 - Tuesday & Wednesday -- Cosmic Kids
 - Thursday -- Mr. Yoga



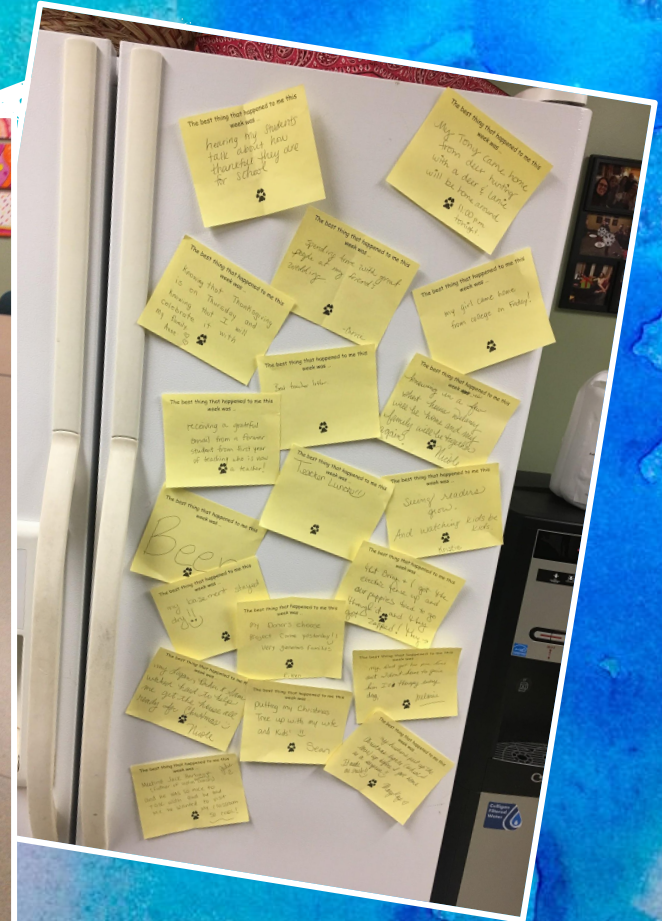
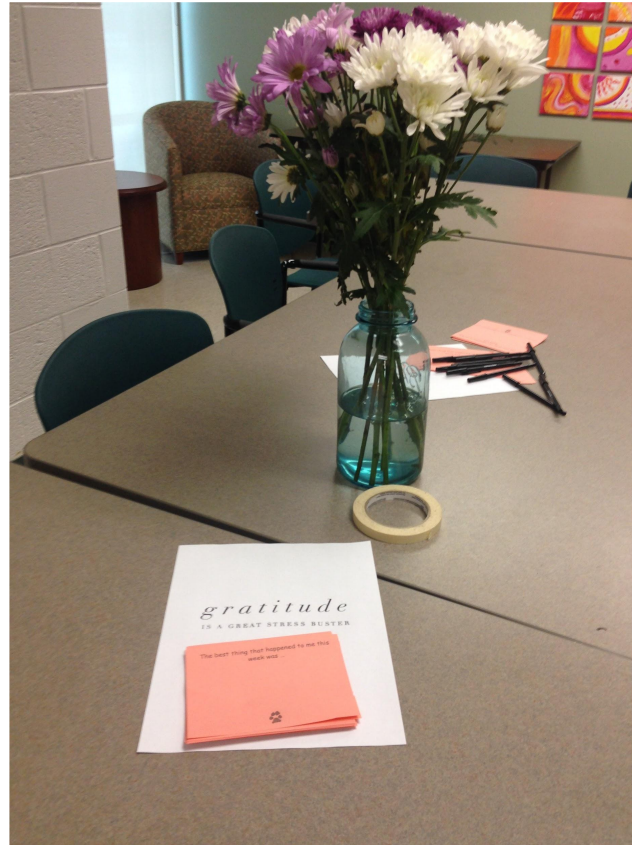
Yoga teaches us
kindness, compassion,
gratitude and love
toward ourselves so
that we may then share
that with those around
us.

David Lipsius



Tier 1: Staff Initiatives

Gratitude practice



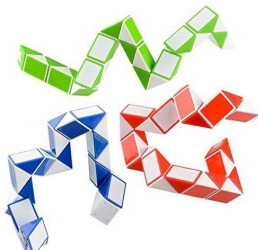
Tier 2: Classroom Calming Kits

Students visit kits or take tools to use, while remaining in classroom

Some students use headphones for sensory regulation

Tools that failed: Squishy critters from Dollar Store;
Pinwheels

Favorite tools: Stretchy snake; Puzzles; Mermaid pillows



Tier 3: Mindfulness Room

Students request a visit to Mindfulness Room or are referred by teachers.

Upon arrival, staff member sets timer for 5 minutes. Calming tools are available in the room.

** Some calming tools are removed for specific students; ex: Legos, stability ball

When timer rings, student is asked “Is your mind and body ready to learn?”

If so, student returns to class.

If not, additional time is added to timer.





Data Collection

We began collecting data on Yoga attendance and Visitors to the Mindfulness Room:

Mindfulness Room Visitors

Month	Kdg	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade
January 2018	14	4	15	3	1	6
February 2018	23	3	10	3	1	1

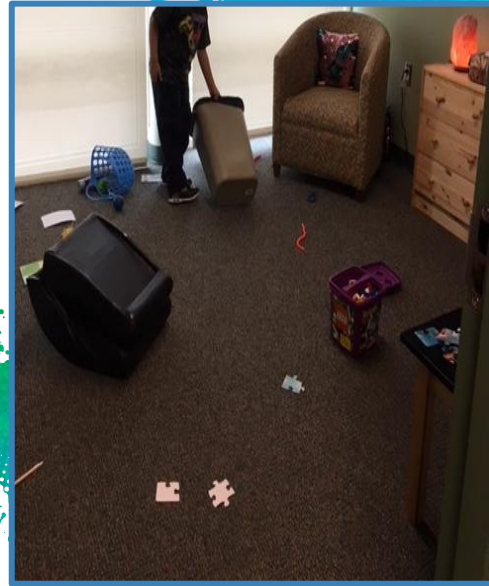
Yoga Attendance (averages)

Month	Mondays	Tuesdays	Wednesdays	Thursdays
February 2018	24	27	28	30

* Anecdotal evidence indicates that attendance was slightly higher in January, esp. Thursdays

Anecdotal Evidence

- Students report feeling calmer upon beginning their day after attending Yoga Club in the morning.
- Parents report students requesting Calming Kits for home use.
- But it's not a perfect science. . .



How Can We Improve? What Next?

Improve fidelity with Tier 1 mindfulness instruction in classrooms

Incorporate elements of Mindfulness more regularly, even in a casual way, specifically in upper grades.

Schoolwide Mindful Moment?

Call for improved social-emotional health initiatives:

<https://www.npr.org/sections/ed/2018/03/07/590877717/experts-say-here-s-how-to-prevent-the-next-school-shooting>

Day of Kindness March 14



Thank you!

We honor our School Social
Workers this week!

Any questions?

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