

Why Mindfulness?

MindfullyU believes that creating a successful mindfulness program in schools should be an individualized process that focuses on the specific needs of the district and school and their students' social and emotional needs. Working to create a personalized program is why we offer a choice of researched based curricula to teach mindfulness to students. These curricula help with behavior, focus, stress reduction and cultivate an awareness for students, with a regard to self-regulation within the larger school community.

Why Mindfulness in Schools?

With the need for PBIS and proactive intervention, along with the increased stressors of our modern day lives, the need for mindfulness is paramount. These stressors impact neurological, emotional and physical wellbeing, as well as executive function. As educators rethink the knowledge, skills, and dispositions needed to thrive in our fast-changing society, it is opportune to consider other life skills that can contribute to wellbeing, resilience, academic, and life success. Numerous studies have pointed to the efficacy of mindfulness to help with multiple mental and physical problems such as anxiety, stress, pain, attention-deficit hyperactivity, and mood disorders. In addition, recent studies have also indicated the success of mindfulness in contributing to academic achievement and a higher emotional IQ.

MindfullyU works with schools and districts to help them establish the best mindfulness program for the social and emotional needs of their students.

- *MindfullyU Yoga* is a mindfulness program that is based on simple yoga poses that can easily be integrated into the classroom. Within *MindfullyU Yoga* there are 2 different mindfulness programs based on grade level that focus on different aspects of physical and mental well-being.
- Mindfulness Based Stress Reduction, founded by Jon Kabat-Zinn, is the foundation of the secondary school curriculum, *MindfullyU*. This program is designed to help youth gain a clearer understanding of how their thoughts and emotions impact their health and quality of life. Aimed at the high school student and adult, *MindfullyU* focuses on brain research and stress reduction through 16 mini lessons and mindfulness practices.
- *Mindful Math Camp* is a unique four-week math experience that combines research based math strategies and brain based mindfulness techniques. By combining math with the scientifically proven stress reducer of mindfulness, this camp creates an environment of creativity, empowerment, confidence, perseverance in problem solving, and helps to develop a growth mindset in students. The four-hour

day for students begins with a "Fresh Start" which is designed for community and team building, along with helping students approach the day with a mindful focus and the right frame of mind as they begin learning new math strategies. Mindfulness activities are practiced daily, and weekly, time is set aside for specific mindfulness lessons.

At *MindfullyU* we understand the constraints of teaching to meet all of the standards and have chosen the *MindfullyU* curriculum to span the California state standards in multiple disciplines. In addition to the STEM component, *MindfullyU* incorporates regular journaling in an introspective manner which encourages students to utilize their critical thinking skills. The stress reduction/mindfulness program that is geared toward high school students aligns with the social/emotional state standards as well as many science criteria and has been successfully integrated in the mandatory health class in many high schools.

Benefits of Mindfulness:

- Better focus and concentration
- Increased sense of calm
- Decreased stress + anxiety
- Enhanced physiological health
- Improved impulse control
- Increased self-awareness
- Skillful responses to difficult emotions
- Increased empathy and understanding of others
- Development of natural conflict resolution skills
- Overall sense of wellbeing

For more information or a list of research findings, please visit our website at www.mindfullyu.net or feel free to contact Daisy Mastroianni: daisy@mindfullyu.net