Mindfulness Made Simple

SAI 2017

Promising Practices
Introductions

Teresa S. Schlichting  
Principal, Lincoln Intermediate  
Mason City Community School District  
~ 16 years

Blake Henely  
Associate Principal, Lincoln Intermediate  
Mason City Community School District  
~ 2 years
“It's very relaxing and you get rid of stress that I have at home and school.”
Learning Targets

- I can understand the basic definition of mindfulness
- I can learn more about where mindfulness can fit in my school’s existing practices
- I can understand some basic elements of practicing mindfulness in the school setting
- I can find resources to assist in the implementation of mindfulness
Definition

- Mindfulness is the ability to focus, create a mind that helps you be ready to learn and power to regulate emotions.
Why mindfulness for administrators?
Update: Shooting investigation across street, but normal class day at Mason City school

11 a.m. update:

MASSON CITY — Students began classes as usual Friday morning at Lincoln Intermediate School in Mason City in spite of a police investigation into an early-morning shooting across the street.

The shooting was reported at 116 17th St. S.E. at 3:53 a.m., hours before students or teachers were at the school.
Why mindfulness for teachers?
What our Mason City teachers have to say about mindfulness...

Personally, I will continue to use Mindful strategies and techniques throughout my day to remain calm and more relaxed in stressful situations. By modeling Mindful behavior, my students will see the life benefits on a daily basis.  ~ H. Watson

I also have found that Mindfulness has personal benefits for myself. I was able to use the time to do some relaxation and meditation myself to prepare for working with challenging students. ~ K. Leininger

Teaching students to mindful techniques prevents serious situations from becoming worse and they can often turn around the situation.

I have experienced personal benefits from daily mindfulness. It helps me to feel more relaxed. I am able to not let frustrations interfere with my teaching and relationships with my students.  ~ L. Cesar
Mindfulness Made Simple by Intermediate Kids
Our 2015-2016 story...

Nearly 25% of our students were accessing mental health services.

More than 30 students were supported by school resources for participating in cutting or having thoughts of suicide.
Let the children tell you about it!

~ Mindfulness: Youth Voices

(Video Link)
A Parent Perspective...

Video Link: Lindi: “This Class Was Life Changing for My Son”
"When our little people are overwhelmed by big emotions it's our job to share our calm, not join their chaos."

L.R. Knost
Getting Started...
Where the magic happens

Your Comfort Zone
How do you feel about Mindfulness?

- Dislike: 33.7%
- Like: 66.3%
Has Mindfulness helped you outside of school?

Yes 31.9%
No 68.1%
It is not “one MORE thing”

- Better focus
- Increased Empathy
- Calmer students AND teachers
- Calmer transitions
- Fewer student conflicts
Mindfulness and the Reconnection Room

Step 1: Students enter the room and spend 10 minutes in mindfulness

Step 2: Go through problem solving and reconnection form with an adult

Step 3: When and/or IF they are ready they return to the classroom
5 Easy Steps to Beginning Mindfulness in the Classroom

1. Practice what you preach- consider your own mindfulness journey
2. Start small...build stamina just as you would as you begin practicing any new skill
3. Seek out and read through a few resources on a regular basis to keep learning
4. Choose a technique, exercise or session and when it feels comfortable add another to your toolbox
Resources available to you...

“Mindfulness Made Simple” Resources

**Apps**
- **Calm**

- **Headspace**

- **10% Happier**

**Texts**
- The Hawn Foundation. The Mindup Curriculum Grades 6-8, Scholastic, 2011.

**Websites/Blogs**
- **http://www.dorthe.org**
- **http://www.calm.com/**
- **http://childmind.org/**

**Websites/Blogs (continued)**

- **Calmer Choice**
  - http://www.calmerchoice.org/
- **Getting Smart**
- **Left Brained Buddha**
  - http://leftbrainbuddha.com/
- **International Coach Federation**
  - https://coachfederation.org/blog/index.php/4764/
- **Mindful Practices**
  - http://mindfulpracticesyoga.com/
- **Mindful.org**
  - https://www.mindful.org/
- **Mindfulness for Teens**
  - http://mindfulnessforteens.com/
- **Peace In Schools**
  - https://www.peaceinschools.org/
- **Smiling Mind**
- **SoundCloud.com**
  - https://soundcloud.com/vuskaiviseryoland/just-like-me
- **The Learning by Heart Mindfulness in the Classroom**
  - https://heartofthecluster.wordpress.com/

**Questions or Comments:**
- Teresa S. Schlichting, Principal
  - Lincoln Intermediate
  - 1625 S. Pennsylvania Avenue
  - Mason City, Iowa 50401
  - (641) 421-4423
Current Reality vs. Desired State

Transition to Change

Can I cope?
At Last something’s going to change
What impact will this have? How will it affect me?
This is bigger than I thought!
I’m off!! this isn’t for me!
I can see myself in the future
Moving Forward

At others
Anxiety
Happiness
Fear
Threat
Guilt
Depression
Hostility

Did I really do that
Who am I?
Gradual Acceptance

Denial
Change? What Change?
Disillusionment

This can work and be good

I’ll make this work if it kills me!!
Prepare for resistance...prepare to build stamina!
Try it out!

Meditation made simple
Reduce anxiety, sleep better and feel happier

Sign up for free