



mindful littles®



STARBUCKS®

**A JOURNEY OF
COMPASSION,
COLLABORATION
AND COMMUNITY**



A Grassroots Partnership Begins on World Kindness Day 2018

Mindful Littles was invited as a nonprofit community partner to join a Bay Area Community Kindness event to celebrate World Kindness Day 2018 at Starbucks in Walnut Creek, CA.

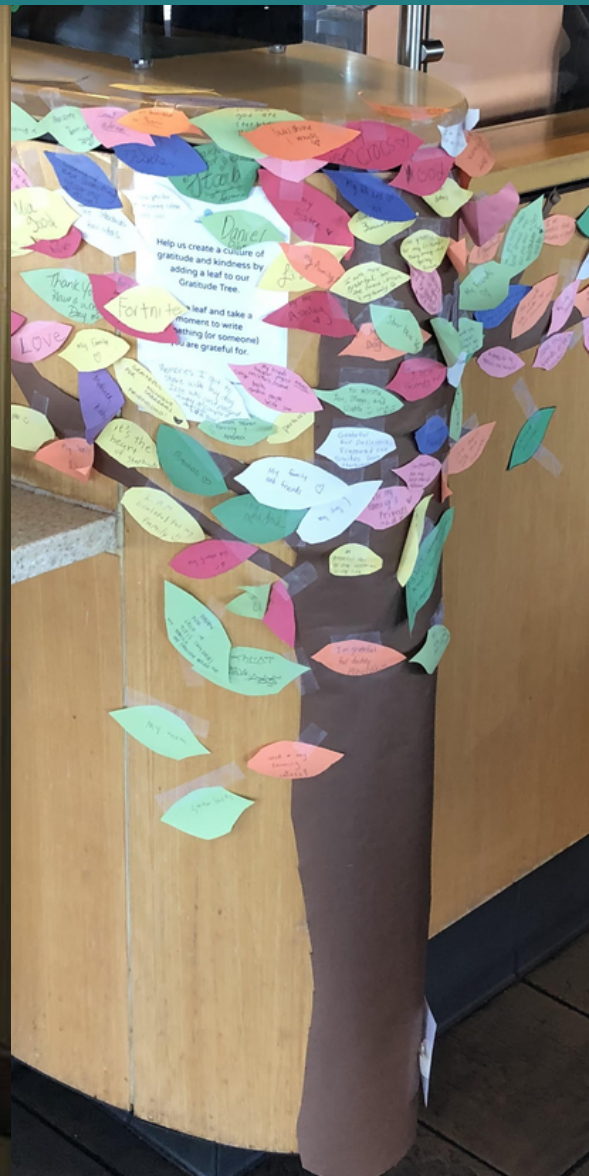
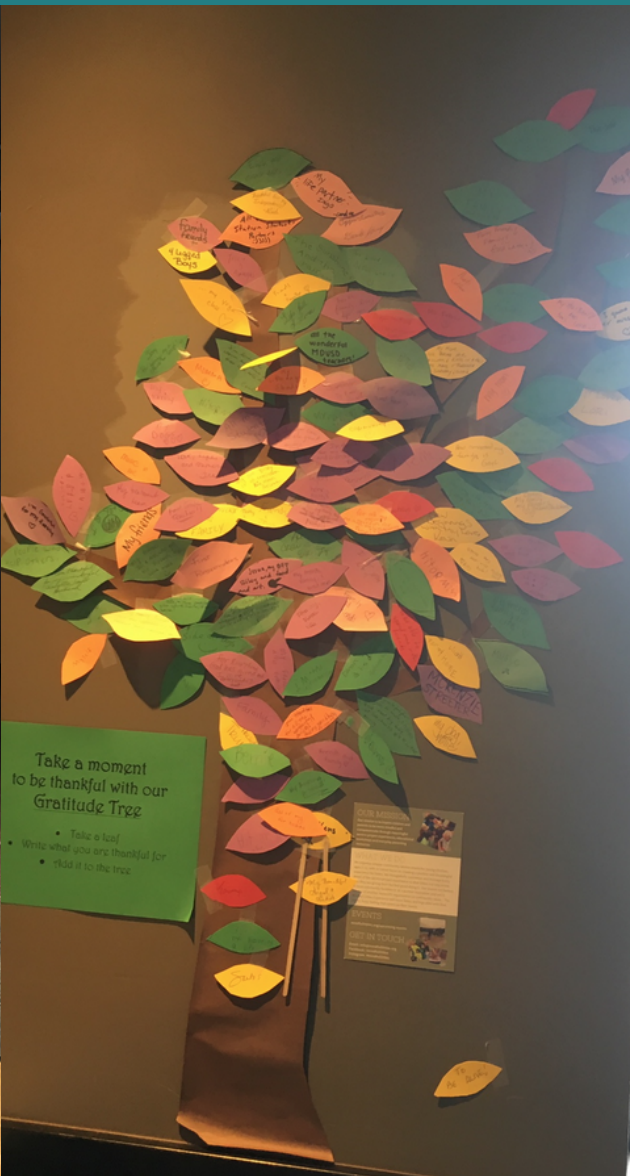
During this community event, Mindful Littles "planted" a small gratitude tree where customers could add a paper leaf with words of gratitude for someone or something in their lives. At the end of the event, we left our remaining leaves with the store manager.

What unfolded next was miraculous.



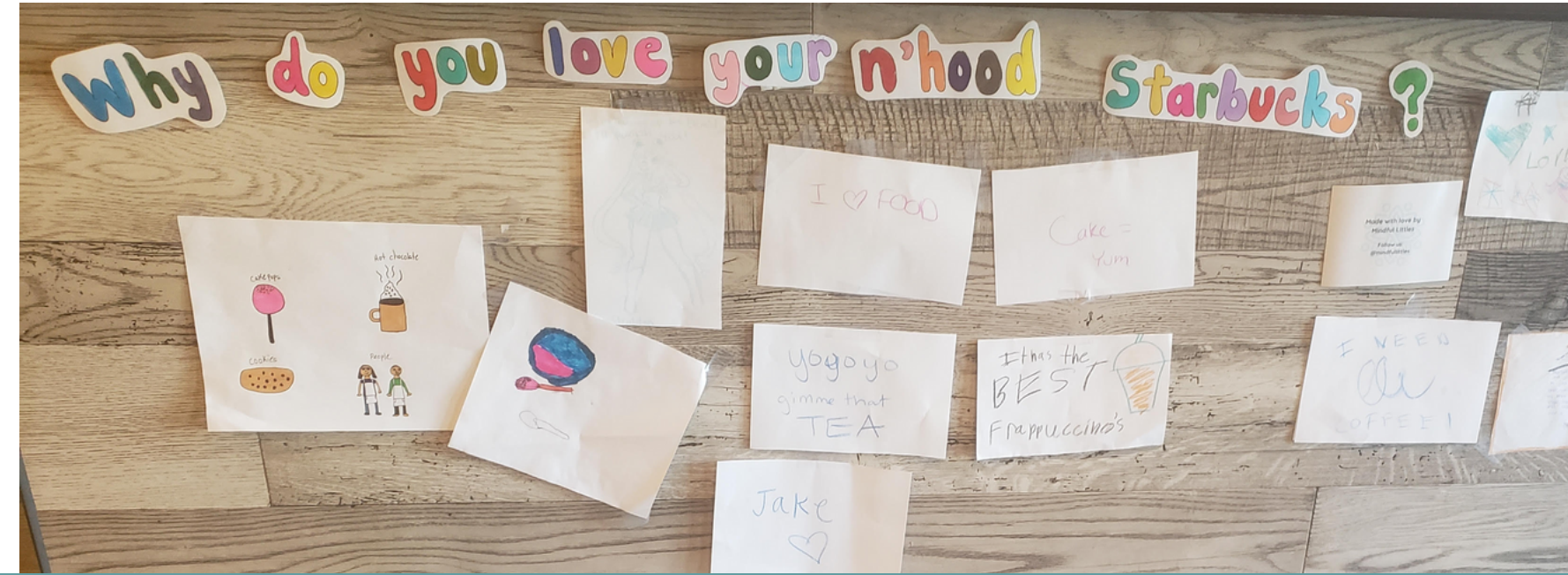
Sowing the Seeds of Compassion across the East Bay

As our first gratitude tree began to grow so did the request for more trees in Starbucks stores across the East Bay Area. Our trees began covering coffee shop walls, pillars and community boards.

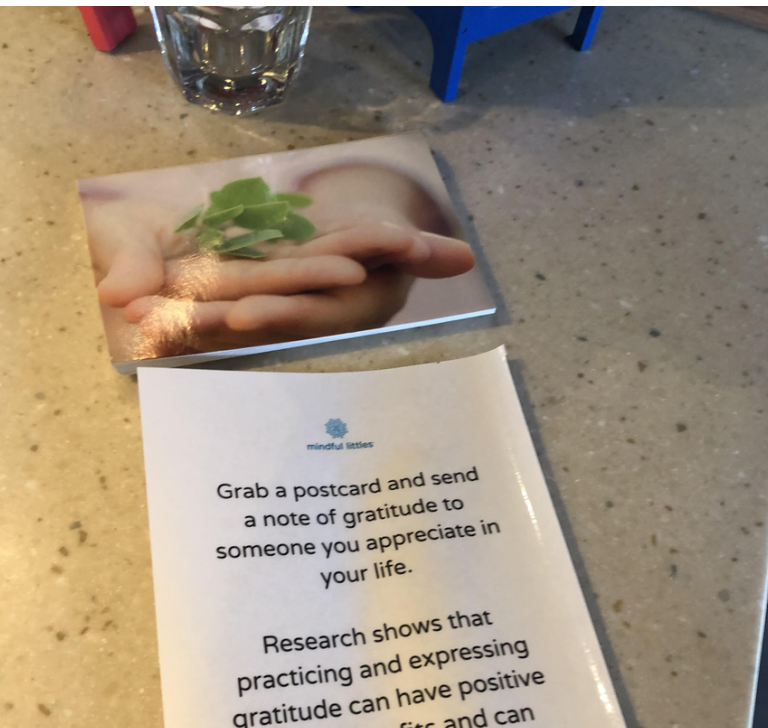


Engaging Employees & Customers through Mindful Compassion

In addition to gratitude trees, Mindful Littles began infusing stores with other compassion practices including kids art walls, gratitude postcards, chalk signs and more. Employees and customers alike were deeply moved.



-Starbucks Store Manager



One customer was so touched by the gratitude trees that she returned to her local Starbucks store with a leaf cutter and construction paper.





Welcome Brandi Asker to the Mindful Littles Family

In the Spring of 2019, at an East Bay Area Starbucks Kindness Championship, Mindful Littles founder Tanuka Gordon connected deeply with Starbucks Regional Director Brandi Asker.

As a yoga teacher and children's book author, Brandi is very passionate about the Mindful Littles mission and joined our Board of Directors, strengthening the partnership between both organizations.

Mindful Self-Care for Starbucks Employees From the East Bay to the South Bay

Under Brandi's leadership, our Mindful Littles founder was invited to teach mindfulness practices at Shift Supervisor Trainings for Brandi's East Bay Region & for the Starbucks South Bay Region under Tim Dubenko.

350 Shift Supervisors Reached

Mindful Littles is continuing their partnership facilitating employee self-care sessions with Starbucks employees, helping provide ongoing practices to support self-compassion.



Bringing the Starbucks Magic: Mindful Makeovers of Teacher's Lounges

Mindful Littles worked with District Manager Michael Stapelberg to bring Starbucks into our partner schools in Paradise, CA to create nourishing, mindful spaces for teachers. With high levels of stress in teachers, bringing the space design expertise of our Starbucks friends has been a powerful force of good. We continue this work with our Starbucks partners in the Bay Area and plan to bring mindful makeovers to schools that we serve.

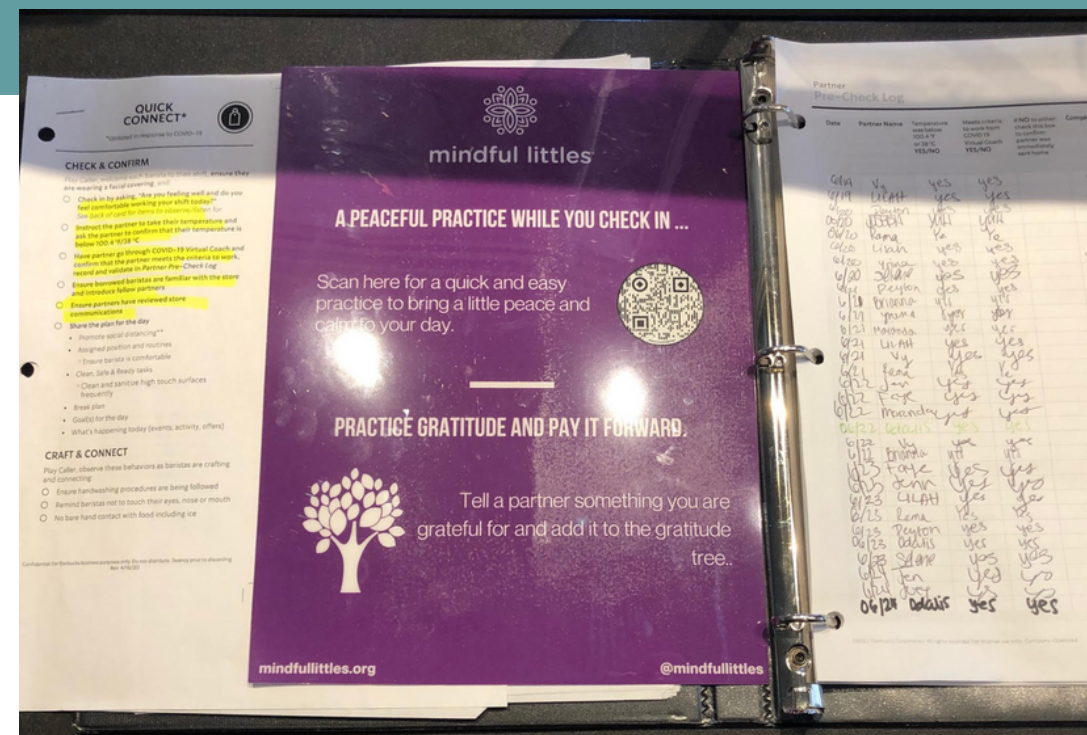


Continuing to Uplift over 220 Starbucks Stores with Peace & Gratitude through the Pandemic

During the pandemic, our partnership with Starbucks has continued to bring hope and peace for employees and customers alike through in-store placements.

"I desire now more than ever to uplift and equip others with hope. And I know the partnership with Starbucks and Mindful Littles can truly make a difference."
-Patrick Tucker, Starbucks District Manager

The Mindful Littles Campaign for Peace is being rolled out in over 220 stores across East Bay & South Bay Area.



A Single Seed of Compassion Can Change the World.



@mindfullittles

mindfullittles.org