

MYSELF™ for Youth



mindful littles®

Mindfulness, Yoga, Service, Social-Emotional Learning & Fun

The MYSELF™ curriculum is fundamentally rooted in the principles of **self-compassion** and **agency** as the means for building inner resilience and sparking compassionate action for youth.

Using methods of purposeful play, movement and mindfulness, we teach students life-long habits of emotional well-being.



TK-6th Grade Program:

- Weekly (or Bi-Weekly) 15-min virtual lesson with Mindful Littles Facilitator
- Digital Extensions - integrated with Seesaw Learning & Google Classroom
- Resources & Community Circles for Parents/Caregivers & Educators

"I would 100% recommend this program to any school or district as a way to help students learn and utilize social/emotional lifelong skills and strategies to become more engaged and better learners."

*- Michelle John,
former Superintendent of Paradise
Unified School District*

79% of 119 3rd graders said Mindful Littles taught them new ways to calm their body down.

-Orinda Union School District

What students will gain:

- Simple tools to calm their body and regulate emotions
- Practices to build positive mindset and foster self-compassion
- Opportunities to practice compassion for peers & community
- Accessible resources for adults so they can continue practices with their parents/caregivers

For more information visit mindfullittles.org or email info@mindfullittles.org