



mindful littles®

Impact Report: Pine Ridge Elementary

A Mindful Littles Program in Partnership with Fresno County Office of Education

February - June 2021



Key Highlights:

- A Partnership of Compassion
- MYSELF Curriculum in the Classroom
- Adult Wellness - Whole Community Healing
- Service Learning - Connecting Communities
- Looking Ahead
- Additional Quotes & Testimonials

“My favorite part of Mindful Littles was learning new ways to calm me down when I’m feeling stressed.”

-4th Grader

A Partnership of Compassion: Mindful Littles & the Sierra Nevada Mountain Community

The Mindful Littles program served **87 students in all 8 of the classrooms at Pine Ridge Elementary School** in the Sierra Nevada Mountain community through creative integration of mental health intervention practices.

88% students reported learning new techniques to calm down*

91% of students reported enjoying the Mindful Littles Program*

**Live co-facilitated survey was conducted with two Mindful Littles facilitators (1 facilitator, 1 observer) to gauge student participation and utilization of the skills taught during the 16-week program.*

Based on the live student feedback, the overwhelming response from students was that the **breathing practices were the most useful and enjoyable**. Aside from breathing techniques and practices, **students reported program facilitators and calming strategies were their favorite part of the program**, followed closely by tools to identify and express their feelings, and the games and activities. In addition, students self-reported teaching the Mindful Littles practices with family and friends.

<p>“I taught my parents how to calm down.” -Kindergartener</p>	<p>“I talked about Mindful Littles with my brother in college because I was feeling anxious and I taught him the 4-2-6 breath.” -5th Grader</p>
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100% educators surveyed would recommend Mindful Littles to other educators

- 3 of the 8 teachers we worked with this year completed an anonymous post-program survey. Educators reported key strengths of the program being **classroom lessons are engaging, accessible for youth, rich and purposeful, and students connected with Mindful Littles facilitators**. Other strengths were supplemental digital and physical tools and having a consistent schedule.

100% of survey respondents:

- Reported our program helping them teach mindfulness and social-emotional learning in their classrooms
- Integrated breath practices into their classroom
- Observed students using breath practices outside of the Mindful Littles classroom facilitation time

<p>“We appreciate the time you have taken to help our students learn new strategies!”</p>
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-Anonymous Educator via Post-Survey

What We Delivered: MYSELF™ Curriculum in the Classroom

Facilitated 16 weeks of Live Zoom Facilitations + Extensions

- Facilitators joined classrooms on a consistent basis every other week via Zoom to lead students through **breathing exercises, movement games and activities, and emotional check-ins with self-regulation tools.**
- Practices were reinforced through **digital extensions** which included videos and compassion habit exercises.



“My favorite part of Mindful Littles was Cami and how they help with our colors and self check-in”

-5th Grader

Additional Digital Tools to Support Classroom Habit Integration

Tangible Peace Kits for ALL staff members were provided

At the start of our program, educators and staff received peace kits as a way to integrate tools more tangibly. This also included breathing posters and mindful coloring pages for the Calm Room on campus.



“The students enjoyed the wonderful bags of goodies. Thank you for joining our class, we use the breathing techniques especially in the afternoon. Thank you again for all you do!”

-Carolyn Capps, 6th Grade



Calm Classroom Cues through Breathing Posters and Virtual Extensions

We knew learning loss was a big concern for teachers given all the instability of this past year, so we wanted to provide teachers with flexibility to bring in practices on their own accord, as teachers faced continuous transitions. [The calm classroom cues linked to Mindful Littles facilitators leading breath and movement practices](#) also being taught in the Classrooms.



Adult Wellness: Whole-Community Healing

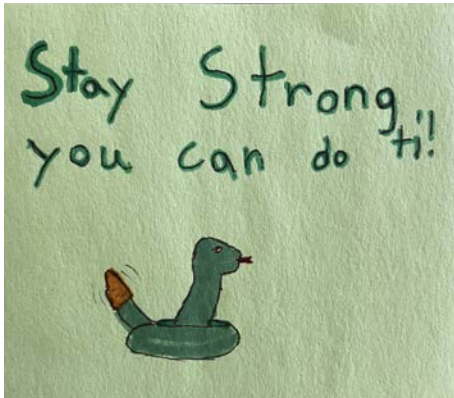
- **Educator Self-Care Practices** were built into our curriculum coaching sessions, which led to successful integration and early adoption of habits and practices by educators and students alike.
- ML hosted 2 **Compassionate Healing Circles** for mothers who lost their homes to the Creek Fire, and will continue to host adult wellness offerings for the community.
- ML facilitation team joined a **PBIS all-staff meeting** to support positive behavioral interventions and provide educator wellness practices.

“We had the educator coaching today and it went so well. I have all the good feels because teachers were talking about how much the students look forward to Mindful Littles and how much they talk about it. One mom even reported to the teacher that her daughter is using the breathing at home when she gets frustrated with her brother!”

**-Hillary Reid, Ed.S., School Psychologist,
Office of Fresno County Superintendent of Schools**

Service-Learning: From One Ridge to Another

Mindful Mosaic Project - A Gift from Paradise



Mindful Littles facilitators headed up to join students of Paradise Unified School district who were affected by the devastating Camp Fire of 2018, who are also in a Mindful Littles program. We conducted a district wide service-learning project emphasizing our **compassion in compassion out model by having ALL students of PUSD direct messages of solidarity, hope, and resilience to the Sierra Nevada Mountain Community.**

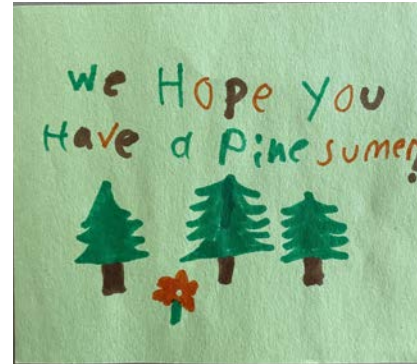
This project activated the students' empathy and resilience, as every Paradise elementary school student created colorful tiles that reflected their favorite breathing or social-emotional learning practices. The Mindful Littles team will assemble the squares into a **giant rainbow mosaic which will adorn the halls of Pine Ridge Elementary. Our hope is to gift this to Sierra Nevada during the fire anniversary in the fall.**



Looking Ahead: Summer 2021

Summer JAMMS for Youth & Adults

We are so thrilled to be joining Pine Ridge Elementary for the Summer JAMMS (Joy Art Music Movement Service) session to support students who experienced learning loss throughout the past year! We will be joining classrooms to offer enrichment activities twice a week and delivering joyful activities paired with compassion habits.



“My favorite part of Mindful Littles was how you taught us to be nice and kind.”
-1st Grader

Additional Testimonials & Quotes

Quotes from Live Sessions with Students

- “I was feeling mad when my brother ruined my lego creation. When I’m feeling mad I can move myself away and take deep breaths.” -3rd Grader
- “I used the 3-5 breathing when I had to do things for my animals” -3rd grader
- “I love singing. It makes me feel worry free.” -7th Grader
- “I taught my sister that if she gets angry or sad she can do the 3-5 breath” -1st Grade
- “I taught my sister and cousin who was stressed out a lot and it really helped her” 2nd Grader
- “I taught my parents how to calm down.” -Kindergartener
- When asked what the least favorite part of the program was: “I loved everything!” -4th Grader
- “My favorite part of Mindful Littles was learning how to take belly breaths with my slinky.” -3rd Grader
- “My favorite part of ML was how it feels good and helps us calm down.” -2nd Grader
- “I really love Cami and how they help with our colors and feelings check in.” -5th Grader
- “I taught my sister how to calm down when she got mad at me when I hit her with a wiffle ball in the back of the head.” -5th Grader
- “When my brother pushed me in the pool I told him about the red because I wanted to drown him and I told him I was feeling red.” -5th Grader
- “I taught my sister an exercise to keep her calm when she goes crazy.” -3rd Grader

- “I taught my cousin who was stressed out how to calm down and it really helped her.”
-2nd Grader
- “I taught my grandparents about the finger breath.” -6th Grader

Administrator & Educator Testimonials

- Hillary Reid, Ed.S., School Psychologist, Office of Fresno County Superintendent of Schools
 - I had to email you this morning with how impressed I am with Liz and Travis. Liz has been just amazing. She is so on top of every need. Her organization and willingness to support the teachers was incredible. Also, I am so appreciative of all the reminders and organizational support that Mindful Littles handles. It is so comforting and mindful of our brains working at a lower capacity. And Travis was so open, genuine, and present. Yesterday was my first time meeting him. I can't wait to work with him more. Thank you so much for all the work you and your team does.
 - Today was AMAZING. It was so good to hear teachers share about ML and I loved what you shared, Travis, about the difference in paradise schools. I wish you all had been there for the conversation after as well, it was just more about what they really liked about Mindful Littles and how it can feel vulnerable at first to share/breathe but what a big difference it makes. We also talked about how now ML learning is going to be even more important next year as we move through the anniversary and families are really starting to be at different levels within the healing process. And I love that you were open to talk about any concerns the teachers have. I cannot thank you all enough for your dedication and for walking alongside us through this. Brooke shared after that her students have been a bit “silly” during the breathing exercises, so she switched up how she projected the session today to cut that down.
- "We were your biggest fans" -Amy Osterberg 3rd Grade teacher
- “Every Friday we do a dance party and we do shout outs, students write down what they're proud of and then we share them, it's a lot of vagus nerve activation!” -Amy Osterberg

Educator Post-Survey Testimonials

- I loved the breathing techniques!
- I most enjoyed the focus on the calm down techniques.