

**PLAN NAME**

Mindfulness in the Classroom

**ID**

3030559

**LOGO**

**CREATED DATE**

9/1/17 12:32:10 PM CDT

**LAST UPDATED**

9/12/17 1:21:06 PM CDT

**SUBMISSION FORM**

**PERSONAL INFORMATION**

**FIRST NAME**

[REDACTED]

**LAST NAME**

[REDACTED]

**JOB TITLE**

Teacher

**PHONE NUMBER**

[REDACTED]  
1 (720) 747-3841

**EMAIL ADDRESS**

[REDACTED]

**SCHOOL**

Prairie Middle School

**GRANT TITLE**

Mindfulness in the Classroom

**NUMBER OF STUDENTS IMPACTED**

87

**SUBJECT YOUR GRANT RELATES TO (CHECK ALL THAT APPLY)**

Literacy

**GRANT APPLICATION QUESTIONS**

**PROVIDE A TWO-SENTENCE DESCRIPTION OF YOUR GRANT THAT CAN BE USED FOR PUBLICATION**

Mindfulness in the Classroom is a way for students to learn and practice mindfulness strategies that will help them regulate their emotions on a daily basis. Students can use the strategies to stay focused in the classroom and beyond.

**Purpose (Explain what you hope to achieve. What will be different or better if successful: Why it is needed, and how it is INNOVATIVE.)**

My hope is to create a trauma informed/mindful classroom where students feel safe to experience different emotions but can learn to regulate them so that they can stay engaged in their learning. I want to create a space that provides different opportunities to work through feelings and emotions in a positive way. This is an innovative approach to learning because often we don't provide students any other option for experiencing emotion other than to stay completely regulated and stay engaged, even when they don't feel in control of their emotions.

Additionally, building in emotion regulation opportunities in an inclusive way is preventative rather than reactive.

**Measurable Objectives: (Include the number of students who will benefit.)**

I currently have 87 students throughout three Language Arts classes.

**How will your grant achieve a District/School goal?**

Our district's vision to inspire every student be able to think, to learn, to achieve, and to care. Creating a trauma informed/mindful classroom is a way to create a caring environment for all students. I believe that unless students can bring themselves into a regulated space, they will not be able to think, learn, or achieve at their highest ability levels.

**Implementation of Strategy: (Instructional procedures)**

In my classroom, we already practice mindfulness strategies on a daily basis. Students learn how to take mindfulness breaks, and these tools and resources will help give more options to students who may need a larger variety of strategies to try.

**Time Line: (Will additional resources be needed in the future? Outline when your grant will begin and end)**

No additional resources will be needed in the future. The grant will run from this school year forward for as long as the resources last.

**Evaluation Procedures: (Explain how you will measure the success of your program)**

I will measure success of this program by giving pre/post surveys about students' feelings toward mindfulness. I will also assess the effectiveness of this program by student engagement and student achievement.

**School/Community partners involved Financial or volunteer) in project**

Our school is working with Aurora Mental Health this year on implementing strategies for trauma informed/mindful classrooms.

**List of additional contacts (if applicable)****BUDGET QUESTIONS**

**Budget (not salary or sub-time), guest speakers, etc.) Grant cannot exceed \$1,000 total.**

\*Please obtain the lowest bid for any items purchased.

Personnel:

**COST \$**

0

**DETAILS**

N/A

**Equipment/Supplies: What is it, number, title, type purchased"?**

**COST \$**

\$531.09

**DETAILS**

Yoga ball chairs (4) - \$19.98 each (79.92)

Wiggle cushions (2) - \$17.40 each (34.80)

Bean bag chairs (2) - \$47.87 (95.74)

Standing desks (2) - \$74.99 (149.98)

Diffuser (1) - \$14.95

Calming oils/scents (3) \$16.95 (50.85)

Coloring books (15) - \$6.99 (104.85)

**Other: (i.e scholarships, travel, postage)**

**COST \$**

0

**DETAILS**

N/A

**Total Request \$:**

\$531.09

**HAS YOUR PRINCIPAL OR PROGRAM DIRECTOR APPROVED THIS GRANT REQUEST?**

Yes