

**DISTRICT
204**

MENTAL HEALTH
SYMPOSIUM



SATURDAY, MARCH 4

PRESENTED BY:



Mindful Heart, Mindful Home

presented by

Lindsey Frank
Coalition of Schools Educating
Mindfully



Mindful Heart, Mindful Home

Lindsey Frank, M.Ed.



Coalition of Schools Educating
Mindfully, President
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The Butterfly Within, LLC
www.TheButterflyWithin.Me





Scan Here for the Slides

- Refer back to the tools
- Access to the links
- COSEM information



The Butterfly Within, LLC



- 12+ years as an educator
- PreK-8th Grade
- District Climate & SEL Coach
- Interventionist
- Special Education Teacher
- 7th Grade Pre-Algebra Teacher
- Masters in Educational Leadership
- Teacher & Leader Well-Being Coach
- Wellness Provider & Advocate
- Children's Book Author
- Lifelong Learner



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WELCOME!

Coalition of Schools Educating Mindfully (COSEM) is an educator-led 501c3 grassroots nonprofit supporting school communities by connecting them with learning experiences, mentors, and resources for mindfulness-based social, emotional, and cognitive development. We empower one another to explore, personally practice, and then create a culture of well-being in our schools. By joining forces and assisting each other as we implement holistic approaches to education, we equip our communities with skills to heal and thrive, and create a more equitable, compassionate world.



Let's Chat!

Agreements

- Listen and share with an open heart
- Take risks and ask questions
- Be present and engage
- Celebrate



What agreements are important to you and for your family?

Take Two

Take a moment to reflect on your family.

- How do you support strong emotions?
- Do you integrate wellness into your family's daily routines? If so, how?
- Have you noticed any changes since the pandemic?

2:00

Parent Insights

“We went from 0-100 and it is like we haven’t caught up.”

“I feel like there is so much time spent on devices, I do not feel connected to my child. Plus, they are missing the ‘window moments’.”

“I have noticed a change in my child’s behavior at school and they are a lot more impulsive. I have been getting more calls from her teacher. I don’t know what to do.”

“Since going back to school, my child has mentioned that they feel stressed and anxious. Honestly, I am, too, and I am pulled in every direction.”

“It is like we have erased a part of history as if it never happened, but my family and my teen are still feeling the impact of the pandemic.”

Others?



What if you could increase your family's...



Mindfulness

Being fully present, **here and now**, with your **body, breath, emotions, and thoughts**, with a sense of curiosity and openness.



Benefits of Mindfulness

Positive Psychology Article (connects to both adults and children) APA Research Article

Adults

- [Harvard Guide](#) (overview & practices)
- [Mindful.org](#) (studies linked)
- Increases connectedness/relationships
- Reduces stress
- Improves heart conditions, lowers blood pressure, reduces chronic pain
- Improves sleep patterns
- Supports gut health
- Increases positive coping strategies
- Increases working memory
- Increases resilience

Children/Youth

- [Mindfulness in Schools Project Research](#)
- [Child Mind Institute](#) (background)
- [Mindful.org](#) (at home practices)
- [Very Well Family](#) (background & practices)
- “Elementary students who practice mindfulness exhibit greater prosocial behaviors, emotion regulation, and academic performance (Harpin, Rossi, Kim, & Swanson, 2016)”
- Improved well-being
- Reduced stress
- Increased focus and executive functioning
- Reduces impact of bullying

A photograph of a field of daisies and tall grass. In the lower center, there is a circular reflection in a body of water, showing the daisies and grass upside down against a clear blue sky. The text is overlaid on the upper half of the image.

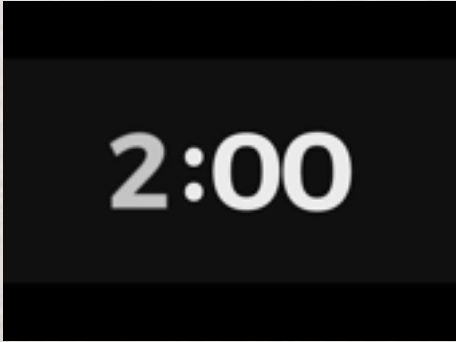
*“Children reflect the nervous systems of
the adults around them.”*

Mindful Schools

Take Two

Take a moment to reflect:

- How is your nervous system lately?
- What are your children “reflecting” back?
- How are you supporting **your** well-being and presence as a parent/caregiver?



2:00



Check In Moment

Settle In

Check Out

Close Out

5-STEP MOMENT

LEFT hand



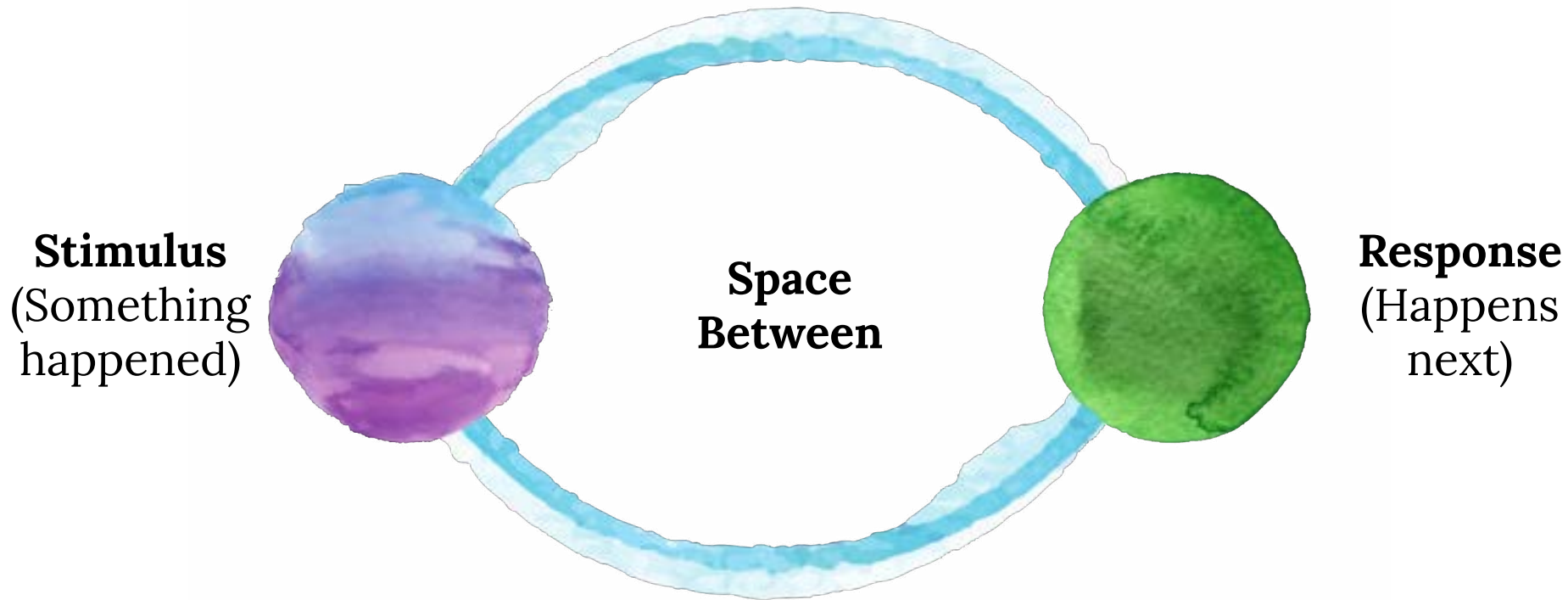
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Reactive > Responsive > Proactive

A close-up photograph of two hands clapping. The hands are positioned in the center of the frame, with fingers spread and palms facing each other. The skin is a light, natural tone. The background is a bright blue, textured surface, possibly a fabric or a wall. Overlaid on the center of the image is the text "Name & Clap Experiment" in a black, handwritten-style font.

Name & Clap Experiment



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

-Viktor Frankl-

Reactive > Responsive > Proactive

- Strategies:

- Ourselves
(regulation)

- Strategies:

- Ourselves
(compassion)
- Space between
- H.E.A.R.T.
- “Breathe with Me”
- Choice
- Calming Space

- Strategies:

- Ourselves
(well-being)
- Wellness
- Routines
- Schedule
- Structures
- Integrated into
your family's
daily life



Mindful Heart = Mindful Home





The best gift you can give your child is your presence.

Brainstorm ways how you can be more present with them
(Examples: Phone usage? Conversations?)

Option: Ask your child

Option: Share with your group



- 2x10 Strategy
- Question (or joke) of the day
- Question box
- Video messages
- Your “signature time”
- Unplugged



Listening Mindfully



Why?

Often when we are in a conversation, we are **hearing** instead of **listening**. When you listen mindfully, you create an opportunity for the other person to express their thoughts without judgment or advice.

How?

- You are listening with the intention of being a "space-keeper", not to offer responses.
- Your body is relaxed and your face is neutral, or with a gentle smile (compassionate neutrality).
- Be aware of your body's nonverbal movements, and remain neutral.
 - **Example:** When you nod your head, you are placing judgment on what the person is saying and are indirectly agreeing with the person.
- Allow the natural pauses to happen and "hold the space" in the conversation.
 - **Strategy:** If you feel that you need to fill the space, take a breath instead.
- When the person has finished their share say, "Thank you for sharing your thoughts," rather than providing a form of response.
- Decide if you would like to ask the other person, "Would you be open to another insight?" and they can decide if they want to have a response.

Thoughts?

Within the conversation, stay present and notice when your body wants to move, notice when you feel the need to respond. Are you able to maintain the pauses? What insights can you gather about yourself through listening mindfully? How is this honoring the butterfly within yourself and others?

Listening Mindfully

- **Parent** = Listener
- **Child** = Speaker (one minute)
 - *The kindest thing I ever saw was...*
 - *Something that bothers me is...*
 - *Something that makes me happy is...*
- **Parent** = Listener
 - Repeat back what you heard

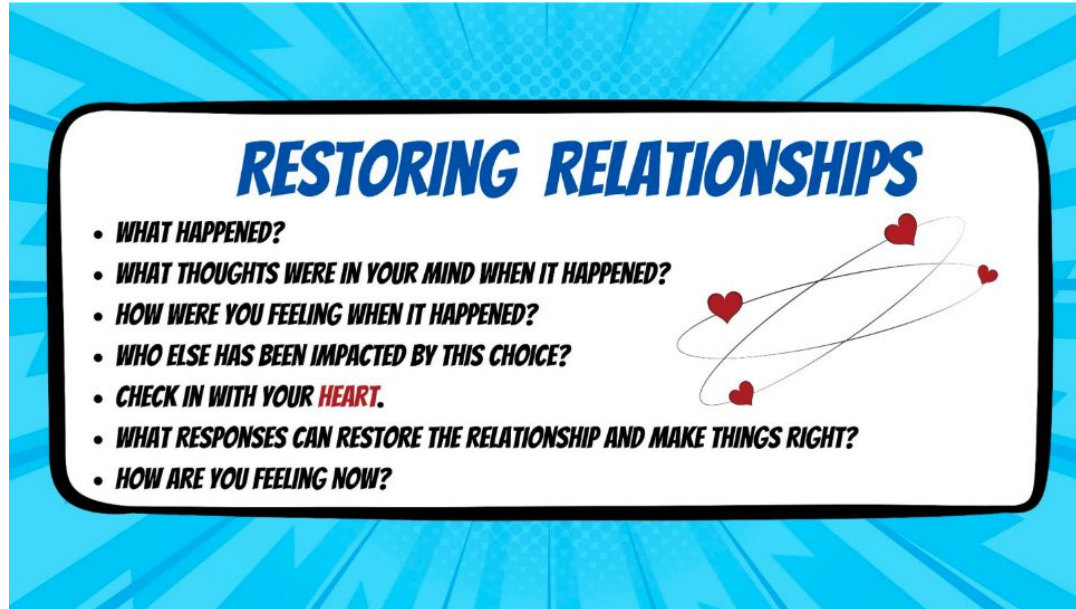
Switch!

- Finish, Feedback, Focus

A background image showing a man and a young boy sitting together, smiling and looking at each other. The man is wearing a green shirt and the boy is wearing a white shirt. In the bottom right corner, there is a timer overlay with a red and black background and the text "1:00" in white.

1:00

- **Restorative Conversation** (connects with curiosity as well).
 - Helps work through conflict together as a family and beyond
- **Validate Your Child***
 - “I noticed that you may be feeling _____, that is okay. How can I support you?”
- **Create a family journal or get journals as a family**
 - Supports the development of self-awareness





“With a sense of curiosity and openness.”

- Stay curious when something happens
- Shift your perspective to see other parts of the story
- Ask guiding and clarifying questions (instead of interrogative)
 - “I heard you say _____, is that correct?”
 - “Tell me more.”
 - “Help me to understand.”
 - “Thanks for sharing with me, how did _____ make you feel?”
 - “Explain your thinking.”
 - “Would you like to talk about it to come up with possible ideas/solutions?”
 - “Wow! That is really interesting, can you share more?”



You want to create strategies that are for the:

Body

- “Shake it Off” movement
- Mindful Movement

Breath

- Breathing ball
- Star/5-finger breathing
- Cloud Breathing

Emotions

- Journaling
- Validation

Thoughts

- Journaling
- Positive self-talk/affirmations

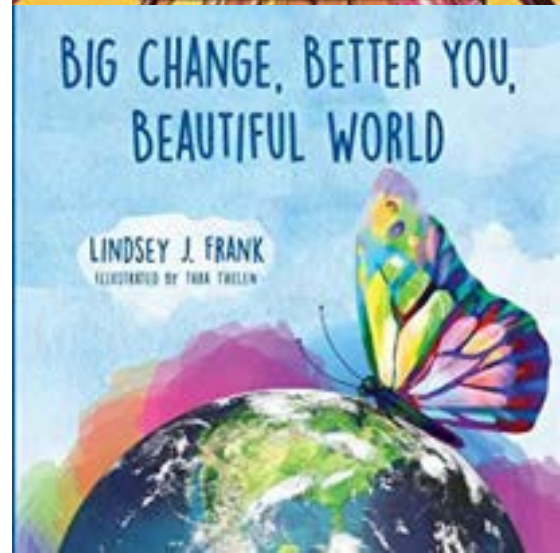




Inner Storage

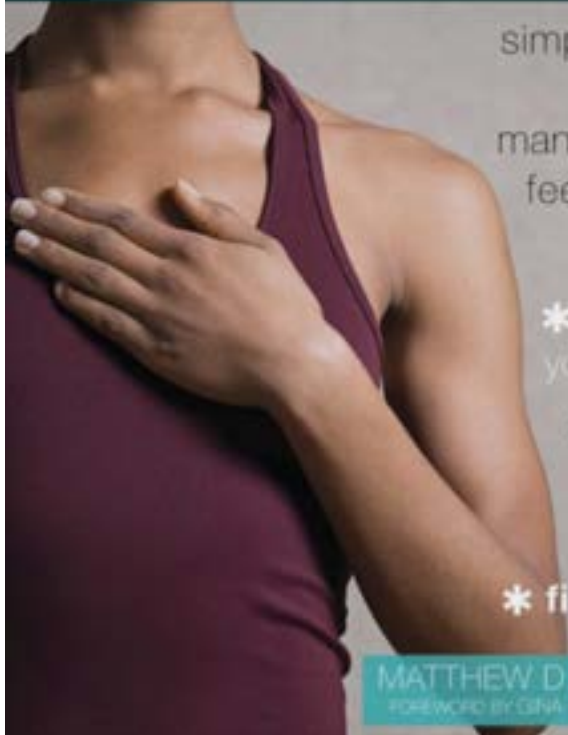
-Releasing Strategies-

			
Shake it Off	Squeeze to Release	Stamp	Sweep
			
YOU Move	Tire Down	Tapping	Pull & Push



an instant help book for teens

the mindful breathing workbook for teens



simple practices
to help you
manage stress &
feel better now

* understand
your emotions

* shift out of
bad moods
quickly

* find your calm

MATTHEW D. DEWAR, EdD
FOREWORD BY GINA M. BEGEL, MA, LMFT

raising teens today

We'll Bring the Insight, Patience and Humor.
You Bring the Coffee. Let's Do This Together.

ENVIRONMENT

DO I NEED TO MAKE
A CHANGE IN MY
ENVIRONMENT?

AFFIRMATION

WHAT AFFIRMATION CAN
I SAY TO SUPPORT ME?

HEALTH

HOW ARE MY BODY, BREATH,
EMOTIONS, AND THOUGHTS
IN THIS MOMENT?

RESPONSE

HOW DO I CHOOSE TO
RESPOND IN THIS MOMENT?

TRANSFORM

HOW DID I OR MY EXPERIENCE
TRANSFORM BASED ON MY
HEART?

Create a Calming Space in your home

Develops a strategy for emotional regulation



CARING FOR YOU FIRST!

Then you can care for your family and those around you. What can this look like for you? (Journal)



- Creating a positive and mindful home environment
- Mindfulness embedded routines
- Creating a family “Resilience Plan”
 - Boundaries
 - Breaks
 - Helpful Tools
- Schedule in “Y.O.U. Time”
- Schedule in 1:1 time with each child
- Listen

Mindful Family Routine Example

- Morning Breathing Buddy
- Mirror Affirmations after brushing your teeth
- Mindful I-Spy Walk/Drive to school
- HEART to review any choices
- Stoplight Moment as you drive home from school
- Breathing Cloud/Doodle to transition home
- Mindful Snack
- Listening Mindfully to offer a space to share
- Mindful Movement as a healthy practice
- Laughter
- Three Gratuities at dinner (journal, or recorded)
- Kind Wishes to close the day
- Mindful Storytime (only focus on the story)
- Evening Breathing Buddy



“It can be natural for adults and kids to focus on their challenges; there are a lot of things that everyone faces (and sometimes you may need validation of your tough times). However, you can hit a point where it starts to hurt you if not enough time and space are given to the goodness in life. You can think of gratitude as a muscle that may need to be exercised so it can get stronger.”

-Children's Hospital Orange County-

Practicing gratitude can benefit kids' mental health

Published on: December 27, 2022

Last updated: January 3, 2023

Practicing gratitude with kids can increase desired emotions like joy and contentment while decreasing anxiety and depression.





Take Two

Take a moment to reflect:

- What is one commitment you will do from our learning together to create a mindful heart and home? Write it down/schedule it



2:00

Join Us for Our 5th Annual

Educating Mindfully Conference

VIRTUAL, MARCH 10-12, 2023

Gain confidence integrating Mindfulness Based SEL into your school day and empower how to create healing, compassionate, trauma sensitive, and equitable learning environments that prioritize skills for life-long social and emotional well-being.

REGISTER AT:

EducatingMindfully.org

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Resource Showcase

• Mindfulness • SEL • Wellness •

Free | Virtual
Thursday, March 9
Open to All

If you are looking for new resources for mindfulness, SEL, and wellness within your classroom or school, we invite you to our Resource Showcase!

Learn More at EducatingMindfully.org

OVERVIEW OF SERVICES

PROFESSIONAL MEMBERSHIP

- Attend mentorship, learning, and self-restoration events online throughout each month
- Participate in multi-week personal development series offered several times a year
- Access recordings of member events and Educating Mindfully Conference sessions
- Earn CEUs or PDHs for attending events live or viewing recordings on-demand
- Connect and network on our Member Site with mindful educators from around the world



FREE RESOURCES

- Equity-Based Conversation Series with Tovi Scruggs-Hussein
- E-Newsletter, Resource Webpage, and Facebook Group
- Chapter Meetings (if available in your area)

FEE-BASED RESOURCES

- *Educating Mindfully Book*
- Annual Educating Mindfully Conference
- Individual and Group Professional Membership
- MBSEL Micro-Credential Program



CONNECTION. MENTORSHIP. HEALING. LEARNING. TRANSFORMATION

Learn More at EducatingMindfully.org

Thank You!

Visit the resource booth to create a
Mindfulness Toolbox

TheButterflyWithinLLC@gmail.com



Images from Canva

http://



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Lindsey Frank, M.Ed.



Lindsey Frank
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Additional Links

[Parent Map: How Mindfulness Can Change Your Family, Community, and Life](#)

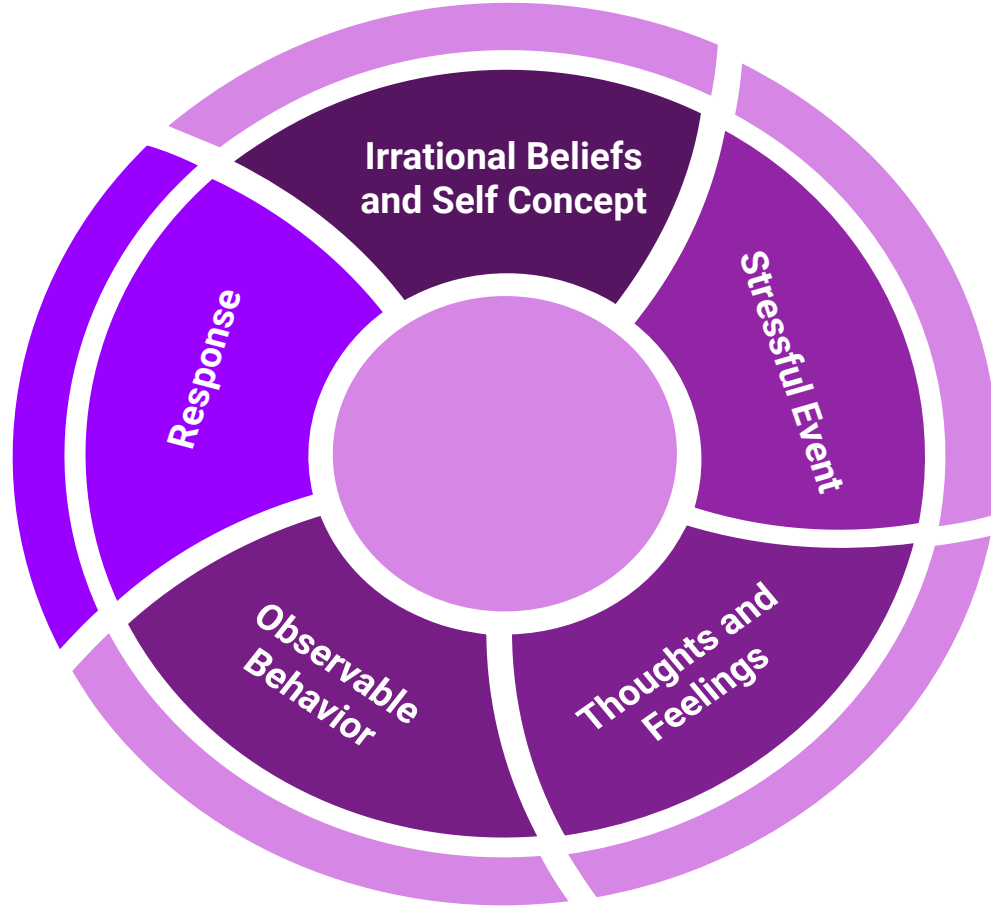
[Supporting Parent Well-Being](#)

[Parenting Guide from Today](#)

[The Butterfly Within, LLC Resources and Research Listing](#)

[Ready Rosie \(PreK-3rd Grade\)](#)

[Parent's Resource Guide](#)



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204**

MENTAL HEALTH
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PRESENTED BY:



Thank you for attending!