

Mini Grant Application

Names of Applicants:

School:

Grade: Fifth Grade

Subject: 5th Grade Integrated Co-Teaching Class

Title of Project: Mindful Awareness in Schools: Learning from the Inside Out

Applicants' Signatures: _____

Grant: \$1500.00

Principal's Signature: _____

Statement of Need: We are at a critical point in education where, through the Common Core State Standards, students are learning skills that will allow them to be college ready in order to compete in a global economy when they graduate. As teachers, it is our job to provide students with the skills necessary to meet these standards, while also helping them regulate their emotions, build lasting relationships, and become compassionate and happy individuals. With the rollout of the Common Core State Standards and the new programs being used to address the standards, many of our students are feeling overwhelmed. "When a child trying to learn is caught up in a distressing emotion, the centers for learning are temporarily hampered. Because attention is itself a limited capacity, the child has that much less ability to hear, understand or remember what a teacher or book is saying." (Zinns, 2004, foreword by Dan Goleman p. vii) A way to address all of our students' needs is to implement a school-based mindfulness program. Studies have shown that children who practice in school-based mindfulness programs have experienced improved academic performance, improved self-control and self-regulation, enhanced social awareness and relational skills, reduced behavioral conflict, increased ability to cope effectively with stress in daily life, and increased compassion. (Bakosh, L. and Houlihan, J.)

Description of Projects and Activities: The Mindful Awareness in Schools: Learning from the Inside Out project will use the Inner Explore program to help students develop skills of focus, attention, and self control which in turn, will result in higher grades and better behavior. The Inner Explorer program includes 90-guided exercises on MP3 tracks. Each track is ten minutes long and includes a two-minute journal time. The program will be used everyday during normal transition times, such as after recess. Also included in the program kit is a Teacher Training Binder, which includes weekly topics, FAQs, related research, and additional resources. Research results of the program show significant improvement in quarterly grades in 2 months. Grades overall increased by 1.3 points. Reading grades increased 2 points, math grades increased 3 points, and science grades increased 4.5 points. (See Executive Summary and additional research/resources attached.)

Itemized Materials and Cost: The classroom kit has a total price of \$750, it includes:

- Inner Explorer Elementary - 90 track Mindful-Based Social Emotional Learning (MBSEL) Program
- Streaming access from any networked device
- 30 student notebooks for journaling
- Teacher Guide

**For more information, and student and teacher testimonials, please visit: <http://innerexplorer.org/> and <http://www.youtube.com/channel/UCRFAGUPuVIPW98pVFvYtNhg>.*