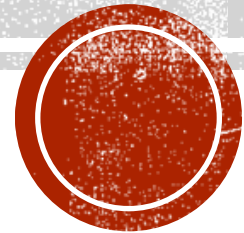


GROWTH MINDSET

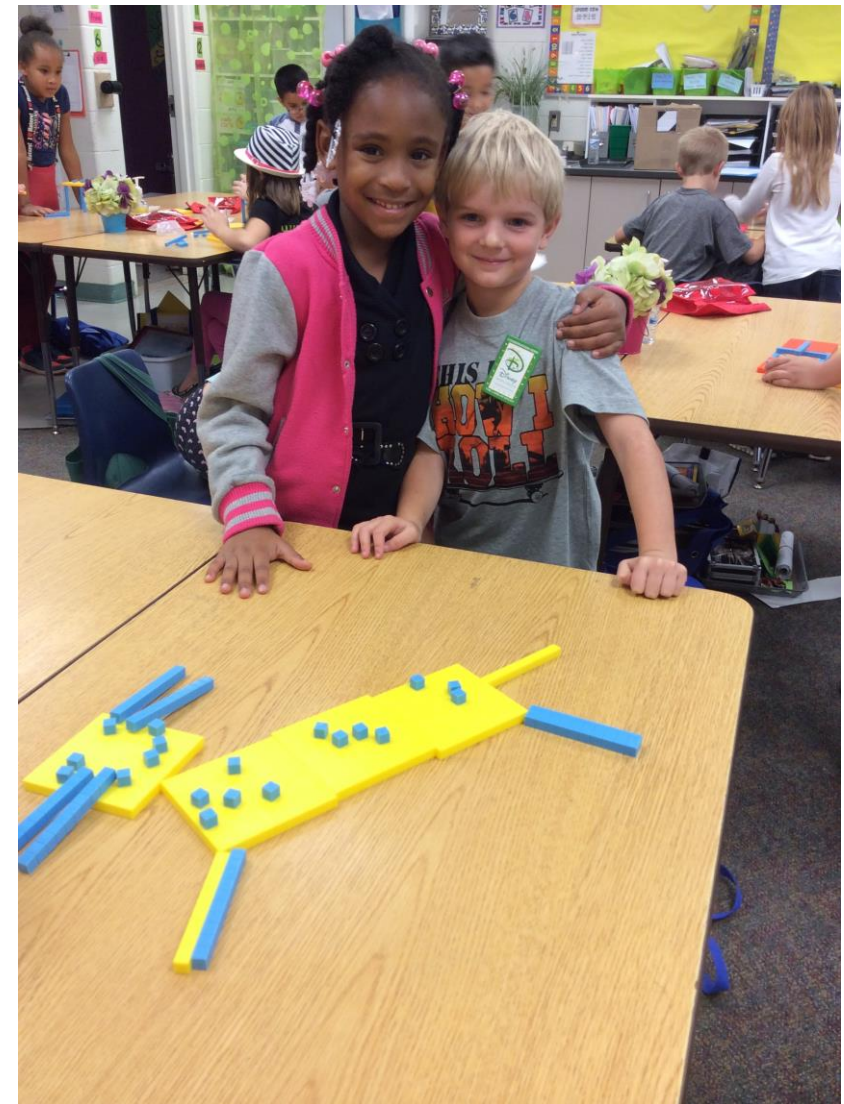
KNUDSEN ELEMENTARY SCHOOL

**LAURA SMITH
ANGELA REDICK
TIFFANY GILLING
BREAHN POST**



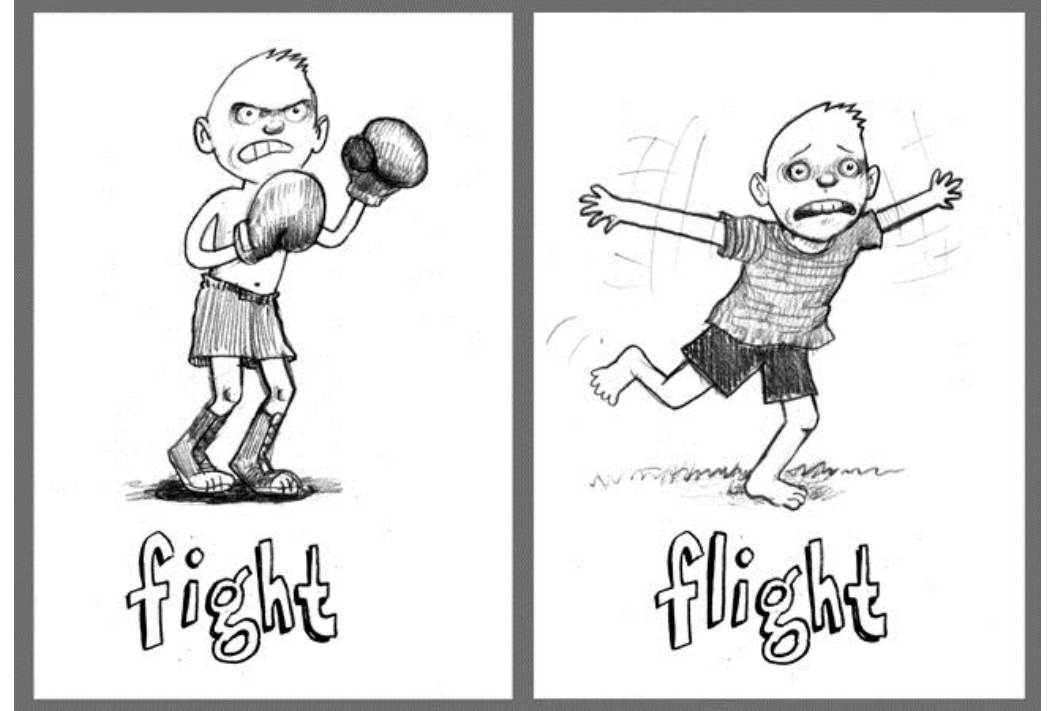
START WITH THE WHY?

- Children need to feel that they are capable and successful
- Children and adults feel stress in their daily lives
- Our goal is to increase student engagement and perseverance



TEACHING MINDFULNESS

- MindUP curriculum
 - Research based and Neuroscience based
 - Easy to implement
 - Aligned with common core
- The **STRESSED** brain
- Core Practice- getting focused
- Sharpening their senses
- Attitude Development
- Taking Action Mindfully



BENEFITS OF BEING MINDFUL IN THE CLASSROOM

- Improved Self-Regulation and Self-Control Skills
- An Increase in Responsible Decision Making Skills
- Reduction of Peer-to-Peer Conflict
- Increased positive social skills, such as empathy, compassion, patience, and generosity
- Increased Focus and Attention
- Intentional Learners
- Increased Academic success

SLOW DOWN
LISTEN
UNPLUG
EXPERIENCE
BREATHE
SHUT DOWN
BE MINDFUL.

WWW.HEALTHY-CHICKS.COM



- (insert whole class video of belly breathing)





**HOW DOES THE MINDFUL BELL
HELP YOU IN SCHOOL?**



- Adrian Sanchez
- (insert his interview here)
- (and video of zoom in of the belly breathing)

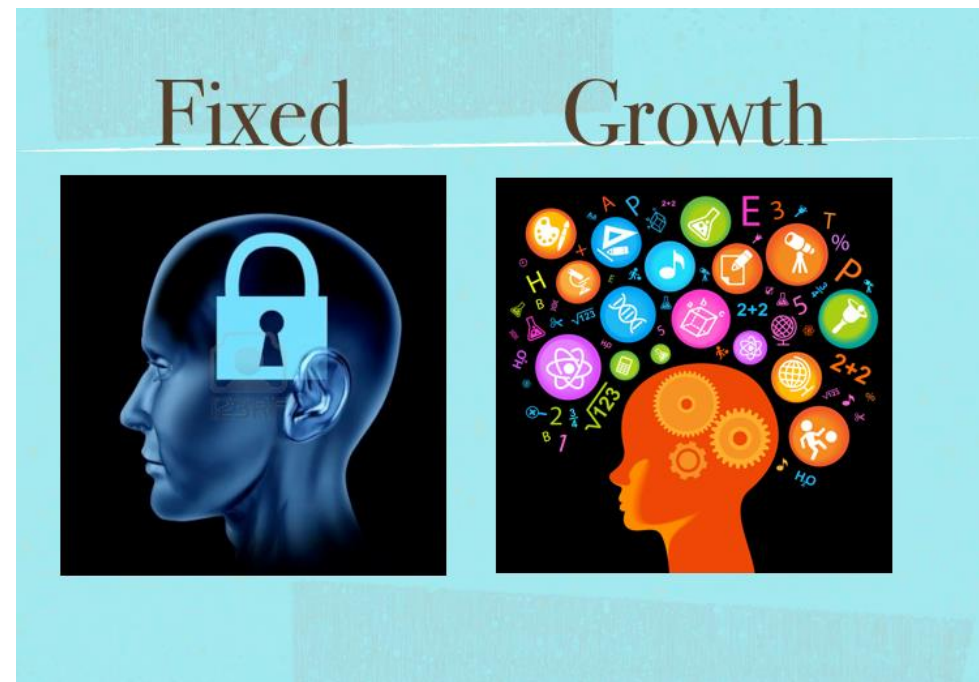


MINDFULNESS + GROWTH MINDSET = STUDENT SUCCESS

- What is a growth mindset?
- Growth mindset & mindfulness
- Students' success
 - Positivity/ optimism
 - Lower frustration level
 - Engagement
 - Perseverance
 - Setting higher goals/self motivation



WHAT'S THE DIFFERENCE BETWEEN A FIXED MINDSET AND A GROWTH MINDSET?



- Samantha Mosey

- (insert her interview here)



**WHEN DID YOU USE A
GROWTH MINDSET IN
SCHOOL?**



YET



- Jasmine Daniels

- (insert video here)



KNUDSEN IS FULL OF GROWTH-MINDSET SUPERHEROES!

