

General Information

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|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| Grant Number | 564 |
| Project Title | Mindful or Mind full? |
| Please select the MAIN curriculum area your grant addresses. | Social Studies |
| Does your grant have a technology component? (Will you have technology equipment, software, etc. in your budget?) | <input checked="" type="radio"/> No <input type="radio"/> Yes |
| Primary Contact Information | |
| First Name | Chelsea |
| Email | chelsea_bethke@allenisd.org |
| Last Name | Bethke |
| Phone Number | 469-667-5341 |
| Campus | Boon Elementary |
| Main Subject | Other |
| Grade(s) | <input type="text" value="K"/> |
| I have co-applicants. | <input checked="" type="checkbox"/> |
| Social Media | |
| Please provide your work-related social media contact information. | |
| Facebook | |
| Twitter | |
| Other (please specify) | |

Grant Co-Applicants

| Additional Grant Applicants | | | |
|-----------------------------|-----------|-----------------|-------|
| First Name | Last Name | Campus | Grade |
| Jill | Greenberg | Boon Elementary | K |
| Holly | Siratt | Boon Elementary | K |
| Laura | Gongos | Boon Elementary | K |
| Jenna | Moles | Boon Elementary | K |

Describe details of the project

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| Grant Number | 564 |
| Campus/Student Information | |
| Your campus: | Boon Elementary |
| Will other campus' be involved/impacted by this grant? | <input checked="" type="radio"/> No <input type="radio"/> Yes |
| Your grade(s): | K |
| Will other grades be involved/impacted? | <input checked="" type="radio"/> No <input type="radio"/> Yes |
| Project Purpose | |
| What is the problem, need, or opportunity that this grant will address? Explain what students will know and be able to do as a result of this project and/or how a problem will be addresses and/or how a situation improved because of the grant. (500 words or less.) | |

It seems every year five and six year olds eagerly come to school ready to learn but lacking the tools to do this successfully. As we all know every child comes in with different needs, so the tools they are lacking appear to us in different ways. For some it may appear on the dreaded carpet where 5 minutes of focused time seems to be year, so the wiggles, the pokes, and the whispering appear long after the mind is already thinking of something else. Others may show it when they burst out screaming in anger when their friend accidentally bumped into them on their way to their seat. Many others may show it by playing and joking instead of attempting the difficult task at hand. No matter how it appears students show the need to develop a tool that will get them through each day; this tool is Mindfulness. Mindfulness is described in many different ways, but the general idea is paying attention to ourselves, others, and the world around us.

Our Kindergarten Team is looking to teach Mindfulness on a daily basis and to have an area set up in our room where mindful behaviors can be used throughout the day. When teaching mindfulness students will learn how to breathe, become calm, focus on their feelings, focus on what is around them, and so much more. Research on teaching and using mindfulness with children has shown positive outcomes in self-regulation, impulse control, decision making, and focus. It has also shown the ability to decrease stress and anxiety.

Project Description

How will the project or program be implemented? Describe activities and tasks.
Who is the target population and in what ways will they benefit? (500 words or less.)

Mindfulness will be visited at least once a day. It may look different everyday but will have the same overall goal of paying attention to ourselves, others, and the world around us. Activities may be

Learning how to breathe with a breathing ball, students will use a expanding sphere ball to breath in and out slowly. As the ball expands so does their diaphragm as it fills with air, as the ball contracts so does the diaphragm as the air is being released. This exercise will allow students to take slow, deep, controlled breathes that will allow them to focus and calm themselves.

Using their spidey-sense to find out what they can taste, smell, feel, see or hear in the moment using mindful jars to demonstrate your thoughts when your stressed, mad, or upset, in this activity a jar will be made full of glitter, beads, and other small objects. When the jar is shaken the glitter and small objects swirl, collide, and move very quickly, much like the thoughts in your head when you are upset, stressed, scared, or mad and that's okay because looks what happens when the jar stops moving. Everything slowly starts to fall to the bottom and be still, just like our thoughts do when we stop moving, focus, and just breathe.

A mindful walk, in this activity students will go outside and focus on one of their senses. Maybe how the warm sunshine feels on their skin, how the cool breeze feels, or how wonderful the fresh cut grass smells.

Squish and relax meditation, in this activity the students will use squishy balls to help squeeze and tighten every muscle in their body and then relax them.

The art of touch, in this activity the students will close their eyes and describe an object they have in their hand (feather, stone, soft toy, etc) to their partner by how it feels.

More activities will be added based on a classroom needs and continuing research.

Once students understand the tools being used and how they can help an area will be set up in the room where a child can go, use the tools provided, and come back clear headed and ready to learn. The target population this year is all our upcoming Kindergarteners but we hope to spread the idea to other grade levels and we see how it affects our students. We are hoping to see improved attention spans, more regulated emotions, impulse control, and decision making while seeing less stress and anxiety form in our students. We hope to see these things through the kids using the tools provided independently and successful, for example if a child is getting angry they may go and get a mindful jar and watch the glitter fall in order to be calm again so they can talk to the teacher or their friends in a successful way.

Project Summary

Provide a brief summary for use on the Foundation's website and social media. (2-3 brief sentences)

Mindfulness is described in many different ways, but the general idea is paying attention to ourselves, others, and the world around us. Research on teaching and using mindfulness with children has shown positive outcomes in self-regulation, impulse control, decision making, and focus. It has also shown the ability to decrease stress and anxiety among the kids.

Allen ISD Goals/ TEKS

Which Allen ISD goals/TEKS does this project support? Provide only two or three examples.

Transform the traditional classroom into an innovative learning experience that meets the needs of the individual learner.

Social Studies:

16B The student uses problem-solving and decision-making skills, working independently and with others, in a variety of settings.

Measurement

What specific measurements will be used to evaluate the effectiveness of the project? (500 words or less)

Our measurements for effectiveness will be based on daily observations and will also be seen in the amount of behavior redirection needed to be made daily. There should be a decrease in folder signing, visits to the offices, and notes from special areas (lunch, specials, or other classes).

Teaching Methods

What teaching methods will be used to implement this project? (500 words or less.)

We will teach mindfulness for a short block each day. Each teacher will teach it at time that seems most convenient for their schedule and may be changed based on the needs of the classroom. Some ideas for teaching it would be first thing in the morning or right after lunch when they are coming from a time with lots of noise and little structure back to the classroom environment. Activities will be talked about during planning time the previous week. It will be taught as a whole group with small group teaching going on if needed for specific behaviors.

Timeline

What is the project timeline and the date of implementation?

The project timeline will be throughout the year. The project will start at the beginning of the year next year and continue on every year after that, making adjustments depending on students interests and classroom needs.

Curriculum/System Support

Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.

We are confident that teaching mindfulness will increase self-regulation, impulse control, decision making, and focus and decrease stress and anxiety. With this we will be spending less time handling behavior at the same time the students will be more engaged and on task with their learning so that more meaningful learning occurs naturally on a daily basis.

Budget details

Budget Details ** All awarded funds will be available by September of the next school year.

| Budget Item | Item Type | Unit Cost | Quantity | Total Cost |
|------------------------------------------------------------------------------------------------------|-------------------------------------|-----------|----------|------------|
| Hoberman Expanding Mini Sphere Toy | Instructional Supplies or Resources | 14.43 | 10 | 144.3 |
| Happy Teachers Change the World: A Guide for Cultivating Mindfulness in Education | Instructional Supplies or Resources | 18.95 | 2 | 37.9 |
| VOSS Plastic Water Bottles (24 Pack) | Instructional Supplies or Resources | 27.89 | 2 | 55.78 |
| Blulu 100 g Mixed Sequins Assorted Shapes, Colors and Sizes | Instructional Supplies or Resources | 6.99 | 5 | 34.95 |
| Original Stationery Extra Fine and Flake Glitter Assorted Color Kit (Set of 24) | Instructional Supplies or Resources | 21.9 | 2 | 43.8 |
| Gorilla Super Glue Gel, 15 g | Instructional Supplies or Resources | 5.38 | 1 | 5.38 |
| Plastic Pony Beads Basic Colors 6 x 9mm, 8 Bags, Variety Pack, 8 Colors, about 4000 beads, Beads Kit | Instructional Supplies or Resources | 36.98 | 1 | 36.98 |
| Dazzling Toys Neon Smile Face Relax Balls 12 Pack -(D004/1). | Instructional Supplies or Resources | 8.19 | 10 | 80.19 |
| Crystal Soft Bullets, 10000 PCS Crystal Water Beads | Instructional Supplies or Resources | 7.99 | 1 | 7.99 |

BUDGET TOTAL 447.27

Are there any additional funds available for this grant? Campus or District Funds? PTA funds? Let us know if you have or will be seeking funds from other sources to help with this project.

Additional funds? No
 Yes

Signature page and principal contact

Principal Approval Required

Please provide the Name and Email of your PRINCIPAL. (Not your name)

| First Name | Last Name | Email Address(Completed) |
|------------|-----------|---------------------------|
| Tammie | James | Tammie_James@allenisd.org |

Applicant Signature

By entering my name below I signify that I understand that if I move within the District and have written the grant myself, I may take the grant with me to my school (as long as it is appropriate for my classes). If I have written the grant as part of a team, I will leave the grant behind with the team. If I leave AISD, I will leave the grant with the school for which I wrote the grant. As a condition of this grant, I will complete an evaluation form provided by the Foundation.

Signature Chelsea Bethke

Date 03/14/2017

Principal's approval form

I certify that this would be a good use of funds for our school and this grant supports the district goals and/or our campus improvement plans. **Do NOT include any identifiers, such as: campus name, your name, teachers name or mascot **

No actions possible.

Comments

very much aligned with our campus goals / mission

History and final disposition of application

State Change History

| | |
|--------------|-------------------------------------------|
| State Change | ***** 03/14/2017 21:28:42 Submitted |
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| | |
|--------------|------------------------------------------|
| State Change | ***** 03/15/2017 08:20:59 Accepted |
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Grant Status

Grant Awarded Yes
 No

Award Amount 400