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Our mission is to educate and empower children, adults, and professionals in mindfulness based life skills that increase awareness, resilience, kindness, connection and creativity.

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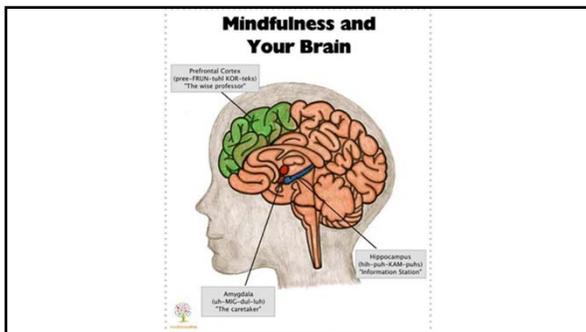
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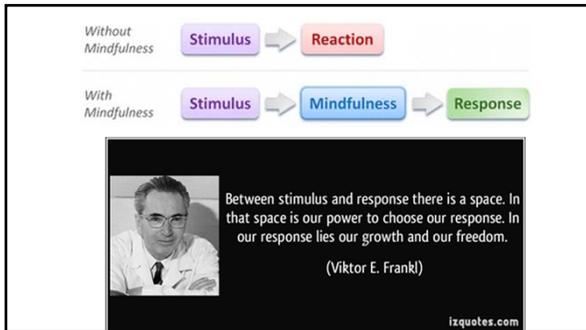
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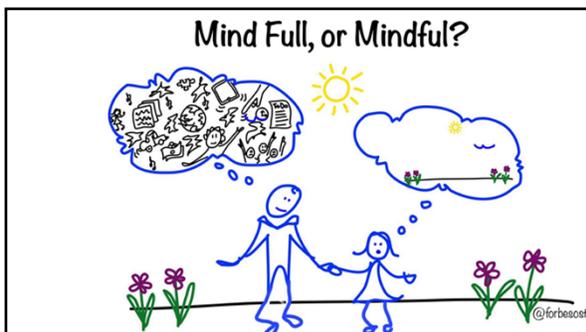
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Mindfulness is biology, neuroscience and introspection.

In other words, just being human.



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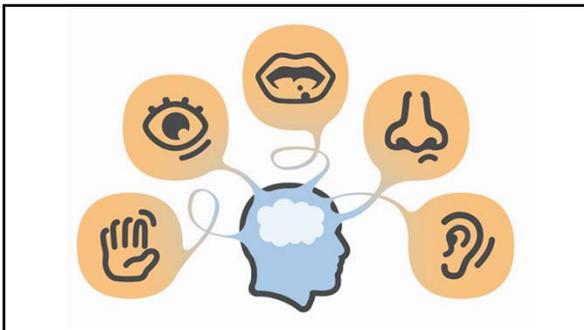
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**Our senses**

1. Sight
2. Hearing
3. Taste
4. Smell
5. Touch
6. Thermo-ception (Heat and the absence of heat, cold)
7. Noci-ception (physiological pain)
8. Equilibrio-ception (the sense of balance)



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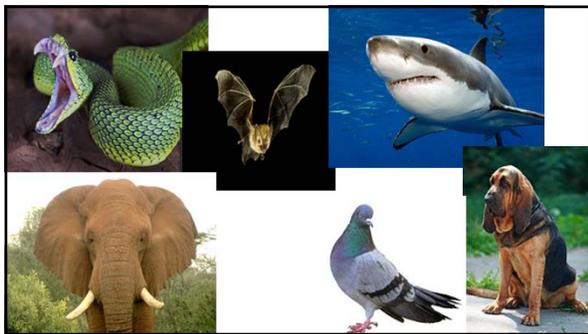
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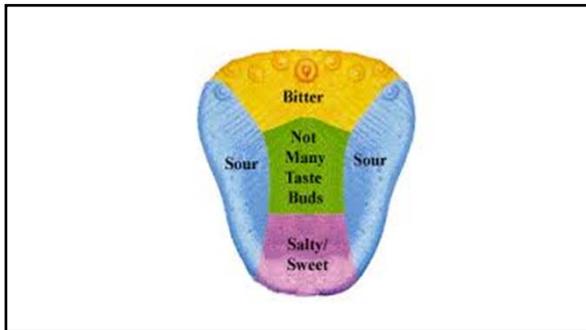
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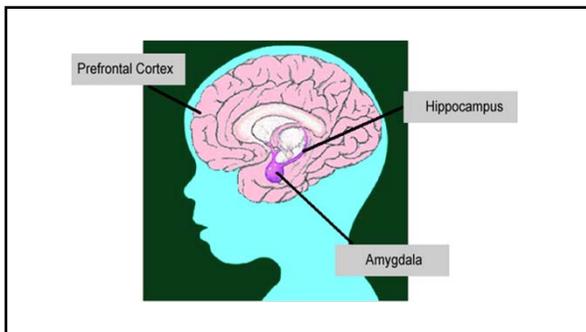
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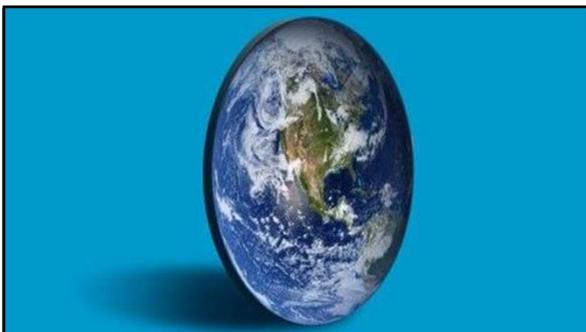
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A space in which to transform and grow.



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**mindfulnessfirst™**  
a sense of calm for communities and classrooms

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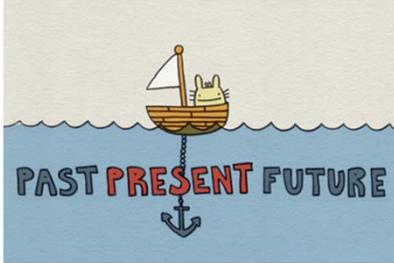
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Conscious breathing is your anchor to the present moment.



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Why is mindfulness so important in the primary years?



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11% (6.1 million) children aged 4 - 17 have been diagnosed with ADHD in America



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ACE-Adverse Childhood Experience



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Children as young as 3yrs experience depression.



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1 - 16 percent of children have oppositional defiant disorder. 40% of children with ADHD have ODD



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**Asperger's Syndrome**

- Do not pick up on social cues
- Struggles to read body language
- Unable to start or maintain conversation
- Appears to lack empathy
- Dislikes any change of routine
- Considered to have higher intellect



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Dyslexia: language based learning disabilities

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The number of drug addicted babies born in the US has quadrupled in the last decade (an addicted baby is born every 25 minutes. 4% of women take illegal drugs whilst pregnant.

- Learning disabilities
- Behavioral/ODD
- Depression
- Growth retardation
- ADHD
- Physical impairment



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### Feelings of stress.

Anxiety / worries  
Social awkwardness  
Frantic / overloaded  
Fearful  
No focus / attention  
Working memory  
Isolation / shy  
Indecisive  
Overwhelmed /cries  
Angrey  
Depression

Stuttering / tourette's  
No motivation / inattentive  
Obsessive / OCD



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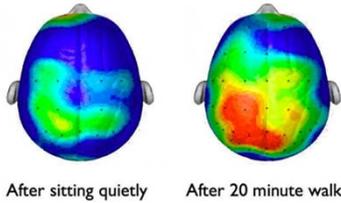
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Composite of 20 student brains taking the same test



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### What would the world be like if everyone practiced Mindfulness

1. My mom and dad would not shout anymore.
2. I wouldn't worry anymore.
3. There would be no more war.
4. I would be able to sleep at night.
5. No more fear.
6. Everyone would be happy.



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Mindfulness involves intentionally bringing one's attention to the internal and external experiences occurring in the present moment, with curiosity rather than judgement.



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mindfulness**first**<sup>™</sup>  
a sense of calm for communities and classrooms

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## How To Implement Mindfulness In Schools

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**It begins with you...**

- **Your experience teaches the class**
- **“The power of one”**

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Step 1: Introduce Mindfulness to Teachers

MF provides a 3-hour professional development introduction for the school principal and teachers.



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Step 2: Train the Teachers in Mindfulness

MF provides 12-hours of training for the school principal and teachers. Learning materials and teaching tools provided.



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Step 3: Introduce Mindfulness to Students

MF and school principal to introduce mindfulness at student assembly.



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Step 4: Students Learn MF Curriculum

MF teaches students the 8-week classroom curriculum.



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Step 5: Create an Onsite School Mindfulness Department

- Mindfulness department consists of a minimum of 2 school teachers to serve as mindfulness champions.
- Mindfulness department school teachers complete an additional 8 hour training at MF center.
- Mindfulness department provides continuing education for school teachers.

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Step 6: Continuing Education for Program Sustainability

- MF provides teacher continuing education on the App & Online Portal.
- MF provides student continuing education on a monthly basis in the classroom.

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For Individual Teachers

**Mindfulness First 200 Hour  
Teacher Training/Certification  
Program**

Launching 2017



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**Mindfulness First Goals**

- Prove our work in partnership w/ASU
- Within 10 years change legislation so all children receive a social emotional foundation at school.

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be the  
*change*  
you wish  
to see  
in the  
world.

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**Body Scan**

*Being fully present in our  
bodies.*

- Sit in your chair
- Sit with your back against  
the wall
- Lay on the ground

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