



KIND MIND

EMPOWERING SCHOOLS AND COMMUNITIES TO PRACTICE MINDFULNESS, KINDNESS AND NATURE IMMERSION THAT ENHANCE BELONGING, SOCIAL-EMOTIONAL LEARNING, RESILIENCE, EQUITY, AND CARING FOR OUR WORLD.

trauma-informed
tailored to each community
built on in-person connections
designed for the cultural context



KIND MIND Accomplishments 2021-22

We facilitated weekly lessons in 31 classrooms, monthly mindfulness in staff meetings and daily restorative practices at recess, supporting **690 students, 30 teachers and 8 playground staff**.

Mindfulness workshops offered in Spanish and English were attended by **18 parents**, with **6 of their children**. **28 UCSB teacher candidates** received our 2.5 hour experiential mindfulness training.

For extra mindful and compassionate support over 2 - 4 months, teachers assigned **37 students** either to 9 small groups, to one-on-one check-ins, or to receive lessons in Spanish.

In weekly meetings with a supportive culture of safety and inclusion, **8 Kind Mind staff** shared and learned from each other, and prepared for future lessons. We took the ACEs training together.

We provided community service credits for **3 High School volunteers** for admin work and for co-creation of activities for inner discovery and social-emotional development of youth.

That's a 1000+ hours of mindfulness and compassion in community!

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Student Testimonials:

"I liked taking deep breaths and they helped me by letting go of sad and mad thoughts in my mind." (3rd Grade)

"I like mindful movement, because it helps me to be calm with my body." (5th Grade)

"Breathing really helps me calm down any worries or anxiety and fear. Also when I cry I start to take deep breaths because it really helps me calm down." (4th Grade)

"I like using deep breaths at night to help myself fall asleep." (4th Grade)



"I liked the breathing practices. They made me less anxious during tests and hard times." (5th Grade)

"I liked the deep breaths. When I'm sad or mad I take deep breaths and ask myself "Why am I mad? Why am I sad?" (5th Grade)

"I really liked mindful eating, mainly because after we learned about it and I had to eat something for dinner that I didn't really like, I took small bites and thought about WHAT it tasted like instead of 'I DON'T LIKE IT, I DON'T LIKE IT!' (5th Grade)



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- Enhance focus, attention, and self-awareness
- Enhance engagement in and belonging to school
- Increase caring and compassion for self, others, nature
- Create a sense of inner calm; Improve resilience;
- Strengthen impulse control; Alleviate stress, isolation



Services:

- In-class weekly lessons tailored to grade-levels (8 - 32 weeks), facilitated by experienced staff
- Small group mindfulness coaching
- Teacher professional development: Skills training, mentorship, modeling
- Whole-school implementation support
- Mindful Parenting Workshops

Approach:

- Restorative/Relational Circles
- Modeling practices
- Sharing and validating experiences
- Prompts to teachers for leading daily practices
- Providing Spanish speaking facilitators
- Tailoring curriculum and themes to fit circumstances, context and needs

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Teacher Professional Development:

1. Strategies to weave mindfulness & compassion practices into transitions & class meetings
2. Effective facilitation of restorative/relational circles to build community belonging
3. Mentorship, modeling, tips and resources for delivering weekly lessons and daily activities/practices in the classroom or outdoors
4. Support to adapt curricula to include restorative and mindfulness practices & philosophy
5. Support in cultivation of personal mindfulness practices (formal & informal/situational) within the school environment and at leisure



Parent Workshops:

1. Support in cultivating personal mindfulness practices during parenting and mini-breaks
2. Support in practicing mindfulness & compassion with your children in daily life
3. Support in being present with children with mindful verbal and nonverbal communication
4. Providing Resources: readings, activities, games and daily practice prompts
5. Shared language and practices between school and home



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Adult Testimonials:

"This gave me a total reset mentally and reminded me of my why as a teacher. Please include this in future years, and maybe even have multiple sessions of it!" (UCSB Teacher Candidate)

"My 3rd grader "is getting so much out of the time she has KIND MIND. Thank you so very much for this valuable support." (unsolicited feedback from a Roosevelt parent)

"Our instructors are the bedrock of the program. They are compassionate, eternally patient, and carry themselves with a calm confidence and purposeful mindset. They support the students and consistently project positiveness onto them." (SBCA Teacher)

I really appreciate the Kind Mind program! It has been a very challenging year and having support for students focus on their social emotional needs has been essential. I give time for students to share appreciations at the end of each session and they regularly say that they feel able to share hard things they are going through, calm down and destress. (Roosevelt Teacher)



The KIND MIND Team



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The KIND MIND Team



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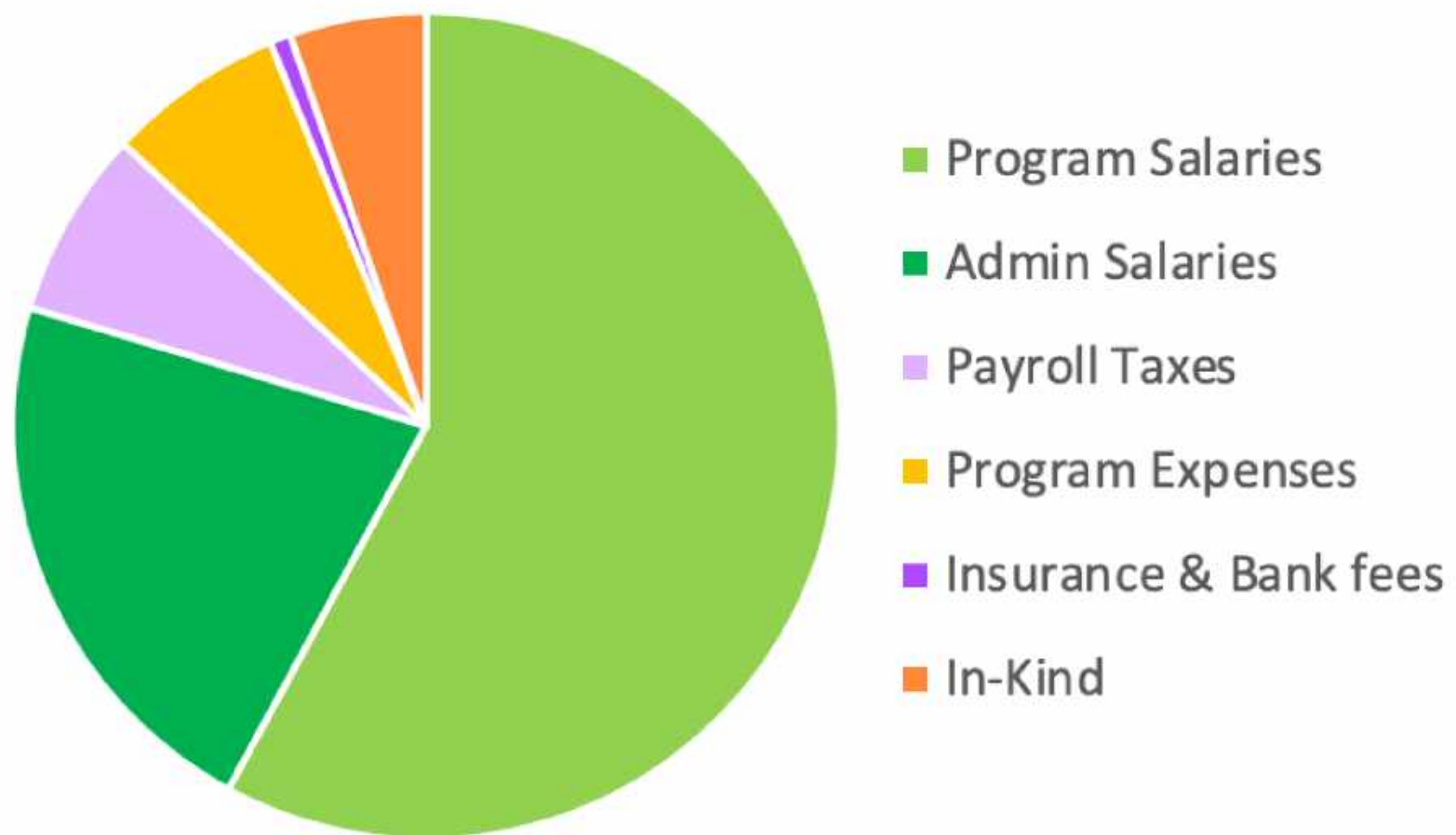
Sean O'Connor, Psy.D.

Mindfulness Facilitator

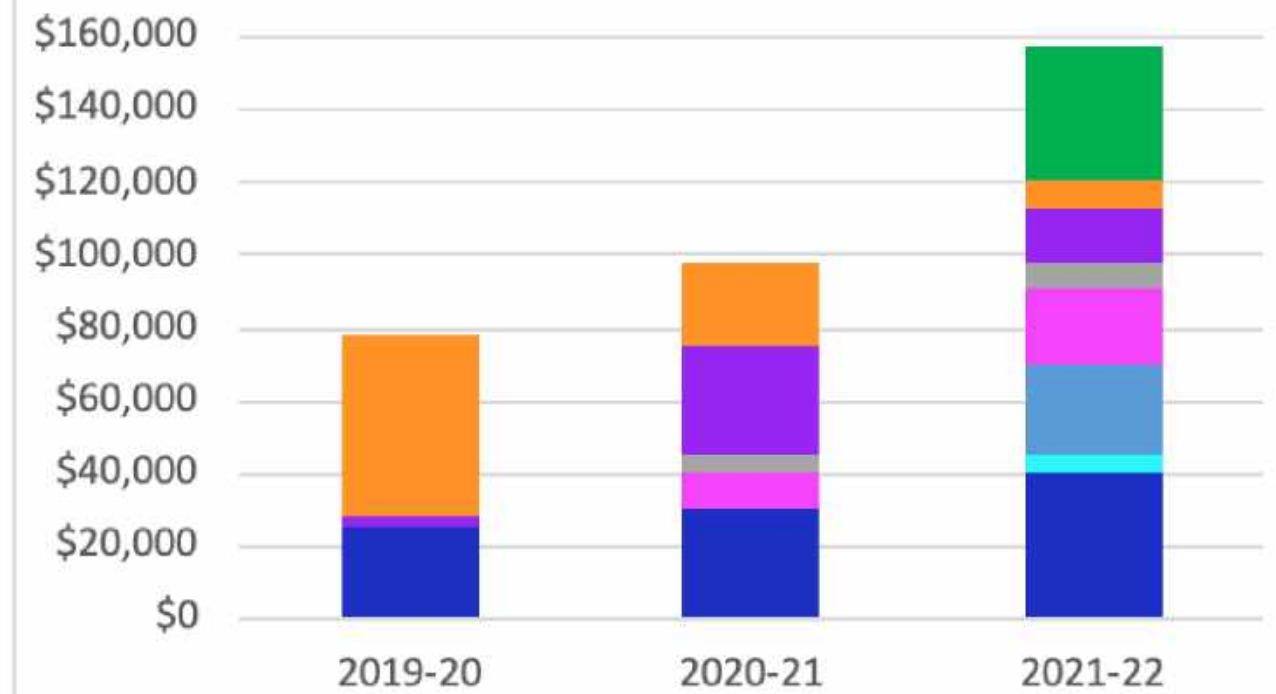
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Financial Statement

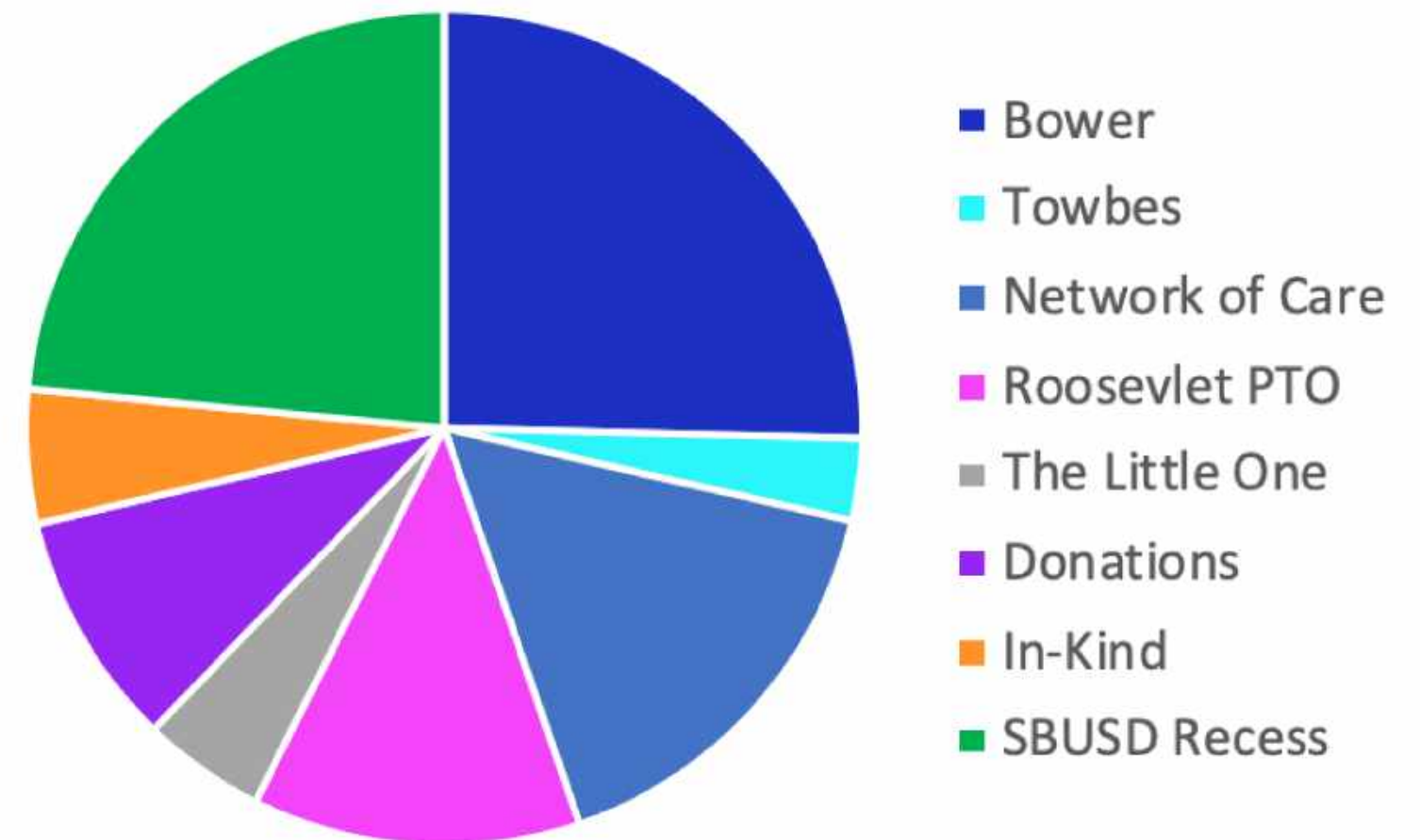
Kind Mind's \$153,496 Expense categories in 2021-22



Annual Income Increase for Kind Mind SB



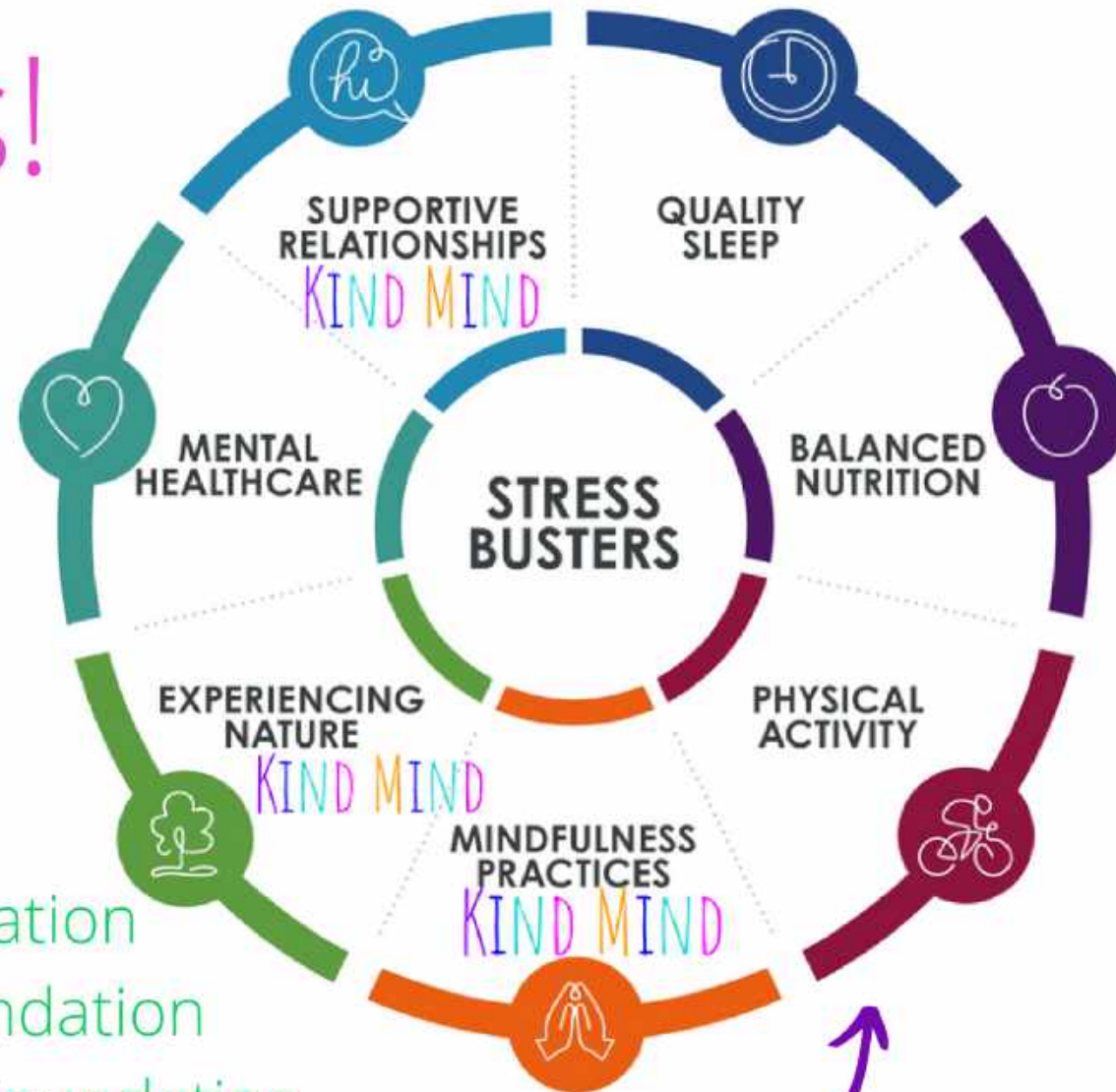
Kind Mind's \$157,537 Income Sources in 2021-22



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Thank You 2021-2022

Donors!



Foundations:

- Little One Foundation
- The Towbes Foundation
- James S. Bower Foundation
- Cottage Health System - [Network of Care](#)
- Roosevelt Elementary Educational Foundation

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Future Goals - What's Ahead

Our long term goal is to engage communities at multiple levels for local collaborations that lead to lasting societal transformation: teachers, classrooms, schools, districts, government agencies, universities, community based organizations, and businesses.

We began by collaborating with and learning from KidzNetwork ResilientSB, Community Wellness Team, Lotusland, 180Consulting UCSB chapter, and SCORE. We are creating infrastructure, board and administrative staff that makes it possible for us to train and place mindfulness facilitators where they are most needed in the community to bring connection, compassion, mindfulness and joy!



Join Us!

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