

---

# MINDFULNESS

## Community Programs Proposal

---



### Executive Summary

Ivy Child's community programs provide mindfulness education for children, adults, and families. Our programs provide participants with mindful tools to increase awareness, attention, self-regulation and positivity. Participants learn coping skills to help better navigate daily stressors. These programs can be customized to serve your specific needs and interests based on your site and population. We serve all ages, abilities, backgrounds and cultures.

## Mindfulness as a Daily Practice

---

### What is Mindfulness?

Mindfulness is the practice of being aware, awake, alert in the present moment with ourselves and our surroundings; using breath as the anchor. Deep breathing exercises and self-reflection allow us to pause and respond skillfully to any given circumstance. Combined with meditation and movement, mindfulness helps individuals cope with stress, regulate their emotions, and adopt healthy habits.

### Why is it needed?

The fast-paced, goal-oriented lifestyles of our modern world not only affect adults but children as well. According to the CDC, our children are demonstrating unprecedented rates of stress, obesity, learning issues, school violence and depression.

For urban youth in underserved communities, the stress level is often heightened due to these factors as well as the transference of stress the family faces (financial insecurity, poor living conditions, dysfunctional family situations, etc.). Stress activates the sympathetic nervous system in the body, causing increased heart rate, respiratory rate, and blood pressure. Over time, this activation can lead to a decreased immune response, low self-esteem, depression and isolation (*Nanette Tummers, Teaching Yoga for Life (Champaign, IL: Human Kinetics, 2009)*). Furthermore, research has shown that overall well-being and mental health directly impacts an individual's ability to learn, focus, and excel in school. In particular, stress has been proven to interfere with academic performance and is associated with the increase of aggression, violence, self-harm, anxiety, disciplinary sanctions and truancy. Yoga and mindfulness is an effective tool to help children and families cope with and overcome these daily stressors.

### Why is it beneficial?

Mindfulness in education is proven to:

- Boost productivity, focus, attention, and memory.
- Improves self-regulation and emotional intelligence.
- Increase body awareness and mental clarity.
- Strengthen the muscles and immune system.
- Reduce and manage stress.
- Increase engagement, morale, and performance.
- Bring a greater sense of unity and sustainable health practices to the classroom.

The effects of mindfulness, when practiced diligently, can be immediate and long-term

## The Proposed Program

---

All programs can be tailored to your site. Programs include, but are not limited to:

- Creative mindful movement combined with meditation, relaxation, breathing exercises.
- Mindful art, journaling, dance, music, self-expression, focusing exercises, games.
- Mindful eating and nutrition.

Community mindfulness-based skill development includes applying the practice to daily activities such as peer interactions, school/classroom behavior, work performance, chores, personal habits, etc.

## About Ivy Child

---

### Who We Are

Established in 2011, Ivy Child International (Ivy Child) is a Massachusetts-based nonprofit devoted to universal mindfulness in education. Currently Ivy Child has served over 30,000 children and families through our campus, community, and professional development programs in Massachusetts and New York. Our Mindfulness-Based Learning (MBL) curriculum brings together meditation, deep breathing, creative movement and the arts to help build resilience, self-regulation, and healthy habits for life.

### Vision

To develop mindful leaders who engage responsibly and impact global social change, creating a culture of peace.

### Mission

To enhance the social and emotional well-being of children and communities by recognizing their multicultural needs using mindful education and positive psychology as a unifying force to inspire resilience and leadership.

## Request a Customized Program

---

For more information or to discuss your customized program and pricing options, please contact:

Shan Koay  
Community Programs Manager  
skoay@ivychild.org  
(617) 992 0665

