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# MINDFULNESS

## Community Programs Package

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### 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

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### What is Mindfulness?

Mindfulness is the practice of being aware, awake, and 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 is proven to:

- Boost productivity and performance.
- Improve attention, focus, and memory.
- Reduce and manage stress.
- Improve self-regulation and emotional intelligence.
- Strengthen the muscles and immune system.
- Improve relationships
- Bring a greater sense of unity and sustainable health practices to daily life practices.

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

## Our Services

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Ivy Child International offers a variety of mindfulness-based programming that help support a self-sustaining and expanding mindfulness environment. 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.

Some of our key themes include:

1. Introduction to Mindfulness and Movement
2. Mindful Eating and Nutrition
3. Mindful Art
4. Mindfulness for Parents and Caregivers
5. Mindfulness for Parents/Caregivers and Babies
6. Mindfulness for Parents/Caregivers and Children/Youth
7. Intergenerational Mindfulness for the Community (All Ages)
8. Developing Mindful Youth, Family, and Community Ambassadors

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. We work in collaboration with partners to create and customize additional themes based on your needs, interests, and objectives.

### Frequency and Duration

At Ivy Child, there is no *one size fits all* model. We provide programs ranging from single day workshops to full day retreats to weekly sessions for an entire year. Our goal is to help organizations develop a sustainable program that suits your needs. We also do not place a cap on the number of people that can attend a session or program.



## About Ivy Child

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### Who We Are

Ivy Child International (Ivy Child) is a Massachusetts-based 501(c)(3) nonprofit that provides mindfulness education to children, families, and professionals in diverse educational systems and communities. Our Mindfulness-Based Learning (MBL) curriculum encourages social-emotional learning through a combination of creative movement, meditation, deep breathing exercises, and the arts. All programs are culturally-tailored to each site and population and provide participants with mindful tools to increase awareness and focus, improve self-regulation, manage stress, build resilience, cultivate social and emotional intelligence, and develop healthy habits for life. To date, Ivy Child has provided over 240 campus, community, and professional development programs in 193 sites to more than 29,720 children, families, and adults.

### Vision

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

### Mission

To provide universal mindfulness education to children and communities, prioritizing urban populations and their multicultural needs.

## Request a Customized Program

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

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