

Mindful Moments in My Classroom Grant Background & Guidelines

After a long career as a teacher educator teaching thousands of dedicated teachers, I want to give back for all that they give every day. I've established *Mindful Moments in My Classroom* I'm funding with profits from my latest book, *A Daily Dose of Mindful Moments: Applying the Science of Mindfulness and Happiness*, to support teacher projects to implement mindful moments in their classrooms.

The book advocates weaving mindfulness into daily life with brief, research-based practices drawn from decades of research in mindfulness, positive psychology, and neuroscience. A "mindful moment" practice is pausing routinely to take mindful action, either on your own behalf or for others. A mindful moment can be anything that triggers the relaxation response, is enjoyable or elicits any positive feeling including the lift you get from being kind and helping others, energizes you when your energy weans, or is self-soothing when you need a boost. A targeted mindful moment practice can not only enhance mindfulness, but also reduce stress and negativity, sustain a positive outlook, and cultivate character strengths such as kindness, gratitude, and compassion.

While the book targets a general audience, these practices are useful for teachers and many are readily adaptable to students. Taking mindful moments offers a way to integrate mindfulness and social-emotional learning. A daily stream of mindful moments can meet students' fluctuating needs throughout the day and keep students and teachers from getting stressed out, frustrated, or overwhelmed.

My intent is to provide money for materials and resources which would typically require teachers to use personal funds, giving money directly to teachers with few strings attached and a simple application procedure. The focus is intentionally broad to inspire teachers to think about novel ways they can promote mindfulness and social emotional learning.

A mindful moment project might:

- Focus on teacher professional growth
- Target students at the classroom or school level
- Serve students' fluctuating needs throughout the day
- Be incorporated into a routine part of the school day, such as the beginning or end of the day, before or after recess or lunch, or transitions between classes or subjects
- Relieve mounting stress throughout the day with practices that are relaxing, calming, soothing, or energizing as the moment commands
- Nurture self-care with self-soothing or self-compassion practices
- Implement mindful practices that foster culturally responsive or social justice pedagogy
- Extend an ongoing social-emotional learning or character-building program
- Support a character strength or value, such as kindness, gratitude, fairness, or self-regulation

Timeline: Application deadline is November 15, 2018
Notification by December 15, 2018
Project start dates beginning January 7, 2019

To apply complete the form below and email your completed application to:
info@dailydoseofmindfulmoments.com.

Application for Mindful Moments in My Classroom Grant

Name: _____ Email: _____
School: _____ City & state: _____

Background

Grade level: _____ Degree(s): _____ Years teaching experience: _____

Describe any training in mindfulness:

Describe any training in social emotional learning (SEL):

Describe any mindfulness or SEL program or practices you use with your students:

Do you have a mindfulness practice? If so, describe.

Mindful Moments in My Classroom Project

Title of your project or idea:

What is the situation or condition you want to change or improve?

Briefly describe what you will do with the funds:

Your project could target students in your classroom or school, as well as your own professional growth, or that of faculty at your school. (See Guidelines for more options.)

List the necessary steps below:

<u>Step #</u>	<u>Activity</u>	<u>Timeline</u>
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List the sequence of steps for implementing your project, specific activities to be completed, and the timeline. (Funds will be allocated as of January 7, 2019.) Include what data collection procedure(s) you will use to assess the impact of your project (e.g., interviews, surveys, evaluation of student work, change in behavior, attitude, or classroom climate).

Itemized Budget

List each item and the requested funds. You may request funds up to \$1000; the average grant award is \$500.