Mindfulness in Practice
Teaching Mindfulness in Parent Education and Early Childhood Classrooms

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Agenda
- Introductions
- What do you already know about Mindfulness?
- What is Mindfulness?
- Why Mindfulness?
- Mindfulness in Practice
- Questions
Mindfulness, True or False?

- Mindfulness is not obscure or exotic.
- In order to practice mindfulness, you need to change.
- Not everyone can practice mindfulness.
- Mindfulness is transformative.
- Mindfulness is a way of life.
- There is not evidence that supports the benefits of Mindfulness.

What is Mindfulness?

- Mindfulness can be defined as paying attention to the present moment with non judgment and acceptance.
- Human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us.
- [https://www.youtube.com/watch?v=w6T02q5hnT4](https://www.youtube.com/watch?v=w6T02q5hnT4)

Mindfulness Practices

- Meditation
- No set amount of time
- Can be done anywhere
- Breathing Techniques
- Physical Movement
- Stillness
“Mindfulness isn’t difficult. We just need to remember to do it.”

- Sharon Salzberg

Why Mindfulness?

- Keeps you in your executive state.
- Engages and grows the brain.
- Quiets and shrinks the amygdala.
- Improves working memory and mental flexibility.

Why Mindfulness?

- Promotes emotional well-being.
- Less emotional reactivity.
- Increased relationship satisfaction.
- Health benefits
Mindfulness and Children

- Uniquely suited to mindfulness.
- Wires the brain for self-regulation.
- Trickles down from parents to children.
- Helps kids explore new situation.
- Practice when children are calm.

Mindfulness in Practice

- Introduce in the Parent Ed room
- Weaved mindfulness into other PE topics
- Created calm down kits

*If every child in the world would be taught meditation, we would eliminate violence from the world within one generation.*

The Dalai Lama
Mindfulness in Practice

- Motor Room
  - Tape Lines
  - Tunnel
  - Parent Ed Information

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Mindfulness in Practice

- Circle Time
  - Songs
  - Books
  - Breathing Techniques
  - Yoga & Movement

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Mindfulness in Practice

- Parent/Child Interaction
  - Board Notes
  - Art
  - Sensory Table
  - Other activities
Next Steps

- Mindfulness Parent Observation Journal
- Mindfulness Moment
- Intentionally linking activities to Mindfulness
  - Infocards, poster, talking about before or after activities
- Motor Activities
- Meditation with Kids

Resources

- www.mindful.org
- Growing Up Mindful by
- www.kidsyogastories.com
- https://www.nytimes.com/guides/well/mindfulness-for-children
- https://www.youtube.com/watch?v=w6T0259hnT4

Thanks!

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