



Where kids move, breathe, & thrive.

Integrating Mindfulness into Social Emotional Learning

Why Space Between?



Vision: We envision a world where all people thrive.

Mission: Space Between brings research-based practices in yoga, breathing, and mindfulness to children, teens, and educators across WA State.

Intended Impact: Over 10 years, 100,000 children, teens, and educators in WA state will experience reduced stress and anxiety and will demonstrate increased attention, compassion, resilience, self-regulation, and well-being.

You Matter



We believe that those of us working with youth have the **most important jobs** in the world!

What is Mindfulness?



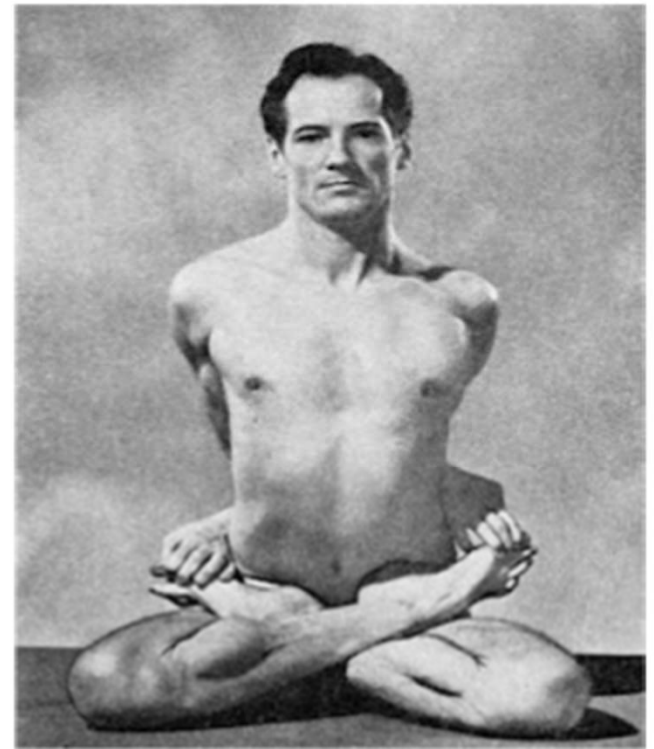
*Paying attention to the present moment with
kindness and curiosity
(so we can choose what to do next).*

– Dr. Christopher Willard



What Mindfulness is Not:

- Being only calm
- Making your mind empty
- Religious
- Sitting in painful positions
- New age pop psychology
- Chanting



STOP Technique

- Stop.
- Take a breath.
- Observe with **kindness and curiosity**
- Proceed.

Artist Scott Froschauer





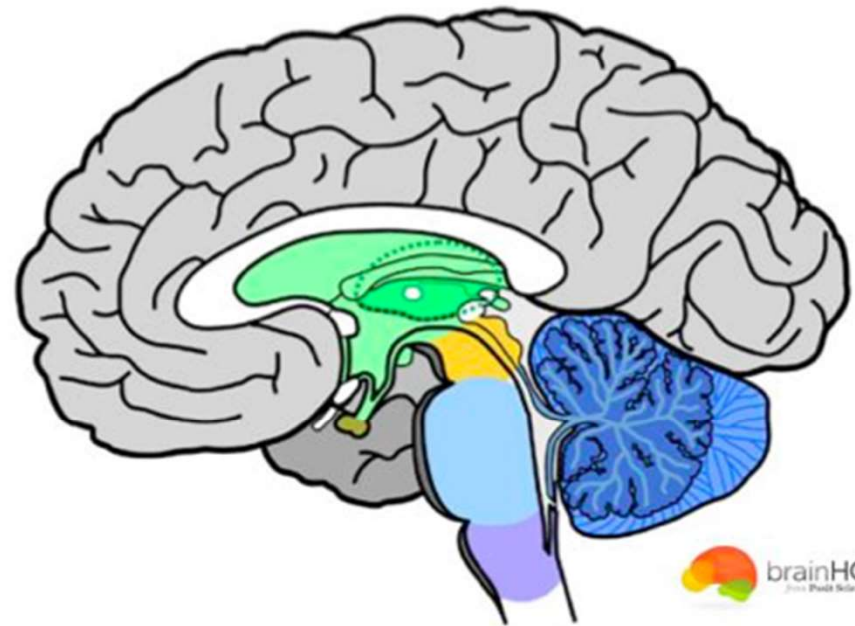
Our Brain

Neo-Cortex

Limbic

Midbrain

Brainstem



Research



Neurological

- Increased grey matter in pre-frontal and insular cortex
- Less active amygdala



Psychological

- Boosts in mood, self-esteem, compassion
- Positive effects on depression, anxiety, PTSD

Research



Academic

- Increased concentration; selective and sustained attention; executive function; memory; overall cognitive function
- Reduces test anxiety



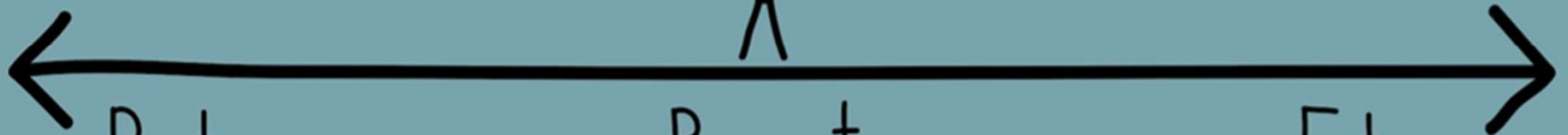
Physical

- Improved immune function
- Better sleep
- Reduced stress (measured by hormone levels)

Your body is present.



Is your mind?



Past

Present

Future

DOUG NEILL

Mindfulness and SEL

- Mindfulness as a foundational skill for SEL
- Skills cultivated by Mindfulness (Posner, et. al., 2015)
 - Emotional regulation
 - Attentional control
 - Self-awareness
- Compassion



Opportunity Gaps



"The academic life of a school is inexorably linked to the social and emotional climate of the school"

- Smith, Fisher and Frey 2015

Mindfulness as a Tool for Adults

- Enhance adult-student relationships
- Increase wait times in responding
- Decrease perceived stress in adults
- Space to notice and shift implicit biases
- Mirror neurons and co-regulation



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Thank You!!!