

MCI OUTCOMES: STUDENT SERIES 2018-2019

During the 2018-2019 school year, over 900 students participated in MHA's Mindful Classroom Initiative. 42 classrooms in 9 different schools took part in this 10-week program. Students learned how to train attention and focus, be more aware in the present moment, and pause in order to make meaningful choices. *MHA utilizes an evidence-based social-emotional curriculum developed by Growing Minds.*



The number of teachers reporting:

- Calmer classrooms
- Benefits for students
- Incorporating mindfulness into their daily classroom activities

- **83%** of students report being able to focus in their classroom (an overall increase of 41%).
- **80%** of students are able to notice when their mind wanders (an overall increase of 43%).

FOCUS & ATTENTION

SELF- REGULATION

- **74%** of students report being able to calm down quickly when upset (a 50% increase).
- **78%** of students report being able to find ways to relax when stressed (an overall increase of 51%).



WHAT STUDENTS ARE SAYING...



"Thank you so much for coming to our class. I am a way happier person and I can notice my body and mind so much more."



"I think mindfulness is amazing! It calms me down and makes me feel better. Thanks for teaching it to us!"

If you would like more information about the Mindful Classroom Initiative, or if you have any questions, please contact info@mhasheboygan.org or 920.458.3951.