





Mission Statement

SBCS strengthens communities by supporting the well-being and prosperity of San Diego children, youth and families.

The Benefits of Incorporating Mindfulness into Early Childhood Education

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Guided Mindfulness Activity



Overview of Mi Escuelita



Mindfulness and Kindness Curriculum

- ▶ Definition Mindfulness
- ▶ Introduction: Kindness curriculum
- ▶ Impact of mindfulness on students
 - ▶ Improved attention
 - ▶ Emotional regulation
 - ▶ Greater compassion
 - ▶ Reduction of stress and anxiety



Mi Escuelita Does Mindfulness





Mindfulness and Self-Care for Staff

- ▶ Imagine a scenario that happens often when working with toddlers or multi-stressed parents.
 - ▶ A parent arrives late with a crying toddler in tow.
 - ▶ A parent shows up with no mask or a child shows up with COVID symptoms but the parent is denying any issues.
- ▶ ACE's for those in the helping profession
- ▶ Vicarious Trauma
 - ▶ Margarito's story
- ▶ Body & Mind

Mindfulness helps adults...

- ▶ understand our emotions better.
- ▶ communicate more effectively with students
- ▶ help us engage better with students who are having difficulties
- ▶ setup a positive learning environment
- ▶ strengthen our relationship with students
- ▶ slow down when we need to
- ▶ helps us build community

Resources



- ▶ Kindness Curriculum:
 - ▶ <http://www.mindfulmomentsinedu.com/uploads/1/8/8/1/18811022/kindnesscurriculum.pdf>
- ▶ Self Care Website
 - ▶ www.Gritx.org

Contact Information



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