

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

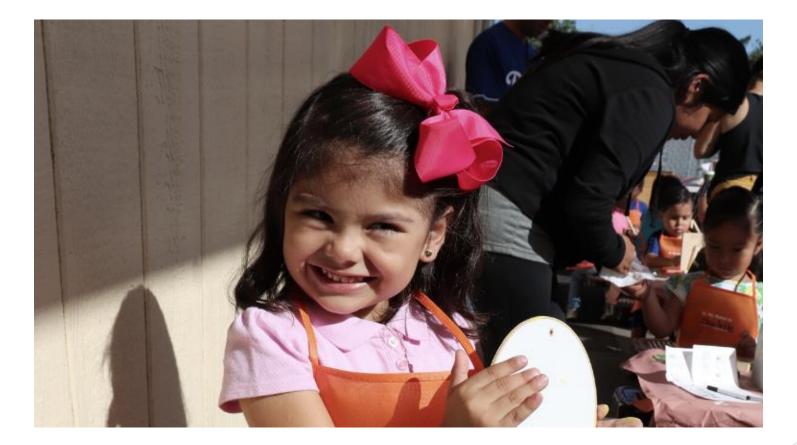
Nubia Soto, Program Director, Mi Escuelita Liza Bolanos, Clinical Supervisor, SBCS

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 multistressed 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/kindnesscurri culum.pdf
- Self Care Website
 - www.Gritx.org



Contact Information

- Liza Bolanos
 - Ibolanos@csbcs.org , 619-438-1017
- Nubia Soto
 - <u>nsoto@csbcs.org</u>, 619-420-0116

