

# 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

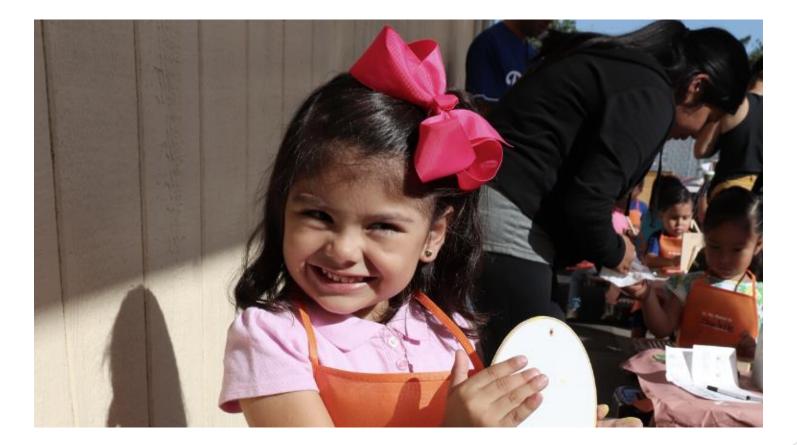
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### **Guided Mindfulness Activity**





### **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 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



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