



## Mindfulness Implementation Student & Staff Plan

Mental Health Matters Mindfulness Team Goal: Partnering with schools to learn, practice, and integrate mindfulness strategies to improve focus and memory, decrease depression and anxiety, help cope with stress, and improve school environment in middle and high school staff and students.

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What feelings do you want to create in your classroom by using mindfulness practices?	
What daily mindfulness practices and habits will you use to help create these feelings you want? Type of practice When? How often? Length of time?	<i>Ex. Morning Meeting with a mindfulness practice to foster connection</i>
How many students will you practice mindfulness with, and at what frequency?	<i>Ex. 30 students daily, 100 students every other day, etc.</i>
Which mindfulness practices do you want to have in your toolbox to feel comfortable using at any time?	
What materials/resources do you need?	





What will you do when you feel stuck?	
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