

Kara Hart

**School \***

Bryan Elementary

**Phone Number \***

757-727-1791

**Position & Title:**

School Counselor

**Project Title:**

Mindfulness for Strong Minds

**This project is designed for:**

Elementary

Middle

High

Other:

**Target Grade Level(s)**

5

**Subject Areas or Discipline**

Social Emotional Development

**Project Description: Please describe your project in as much detail as possible. Be sure to include a brief description of plans and activities for your project.**

Bryan Elementary has a large population of students coming from poverty. The large majority of our students have experienced some form of trauma and would benefit from social emotional development and mindfulness. Brown and Ryan (2003) note that mindfulness is related to "well-being, including optimism, positive affect, self-regulation, and lower rates of depression and anxiety." We can't address Bloom until we've addressed Maslow. Students who are preoccupied with having their basic needs met can't focus on academics. My project will utilize the Mind Up curriculum as a starting place (teaching focusing, sharpening senses, attitude and perspective, and taking mindful action in the world including kindness and expressing gratitude). I will build upon that by teaching additional social emotional skills to build relationships, understand emotions and appropriate expression of feelings, and develop empathy through the use of social stories, mindfulness activities, coping skill development, yoga, and the Zones of Regulation curriculum. The Zones of Regulation curriculum addresses self-regulation and problem-solving skills. My target group will be 5th graders with the expectation that this can be rolled out to the entire school upon success. I would like to implement different mindfulness strategies daily in morning meetings to focus students when they arrive. Delivery method: Twice monthly classroom lessons, small group counseling, individual counseling, teacher professional development, and morning meetings.

**Standards of Learning Objectives: What are the learning objectives with this project? How do they correlate with the Virginia Standards of Learning?**

Students will be able to communicate feelings appropriately and solve problems in a manner that is not disruptive to the classroom environment. Students will be able to identify their feelings and needs to be able to access the help they need to focus on academics and become successful, positive citizens of our community. Virginia School Counseling Standards: EA10: Recognize personal strengths and weaknesses related to learning; EP8: Understand change as a part of growth; EP9: Understand decision making and problem solving strategies; EP10: Identify the emotional and physical dangers of substance use and abuse; EP11: Use strategies for managing peer pressure; and EP12: Use strategies for handling conflict in a peaceful way. These would support all academic goals as students who are able to manage their emotions and focus in the classroom are proven to learn more, but would particularly address but would particularly address SOLs of Communication and Multimodal Literacies, such as: 5.1 The student will use effective oral communication skills in a variety of settings and 5.2 The student will create multimodal presentations that effectively communicate ideas.

**Evaluation: How will you know if the objectives have been met? How will the outcomes be measured?**

I will complete a pre-post test and evaluate data such as referrals for Student Intervention Team support, reports of bullying, and discipline data including suspensions.

**Dissemination: Would your project be of value to other educators? How would you share your ideas?**

I plan to share out with the other elementary counselors in our district and, depending on the success, present at the Virginia School Counselor Association Annual Conference. Our school is also using ClassDojo to communicate with parents and staff, and I would share benefits through this medium.

**Budget:**

List Items, Quantity, Cost (ex. iPads/3/\$150)- Use a different line for each requested item.

The Whole-Brain Child 9.04  
 Sitting Still Like a Frog: Mindfulness Exercises for Kids 13.97  
 The Weird Series (Bullying Books) 29.91  
 Zones of Regulation 53.00  
 Each Kindness 9.13  
 Mindful Games Activity Cards 13.24  
 Ferrofluid in a Bottle Stress Relief Educational Toy 25.99  
 Clark the Shark 12.27  
 Hoberman Expanding Sphere 12.00  
 Magic Coloring Book of Feelings 19.95  
 Tough Guys Have Feelings Too 12.56  
 UnSelfie: Why Empathetic Kids Succeed in Our All About Me World 10.96  
 Bubble Gum Brain 9.95  
 Playable Art Ball 29.99  
 The New Social Story Book 29.08  
 Lily's Home Large Pin Art 14.49  
 Crazy Aaron's Putty Pack 38.95  
 Personal Space Camp Activity and Idea Book 6.10  
 Personal Space Camp 9.95  
 Mesh Squishy Ball Pack 11.99  
 Yoga 4 Classrooms Activity Card Deck 32.00  
 You are a Social Detective 25.00  
 I Matter (Mindful Mantras Vol 1 & 2) 20.02  
 Girls In Real Life Situations: Group Counseling for Enhancing Social and Emotional Development 37.53

**Total amount requested****Special Instructions:**

After you hit submit, this application will be e-mailed to you . E-mail will show your answers and you can edit again if necessary from link in e-mail. Once you are happy with your application, you need to forward the Google Forms email (which shows your responses) to [hcs-edfoundation@hampton.k12.va.us](mailto:hcs-edfoundation@hampton.k12.va.us). Be sure to do this before the deadline! At that point, the grant review committee will route your application to your building administrator for approval. By signing this and forwarding your application, you confirm that you have discussed this project with your appropriate building administrator who has agreed to support the program if grant funds are awarded.

**Electronic Signature**

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**"The world in which you were born is just one model of reality. Other cultures are not failed attempts at being you - they are unique manifestations of the human spirit." - Wade Davis**

**"The greatest thing you'll ever learn is just to love and be loved in return." - Eden Ahbez**

**"Go into the world and do well. But more importantly, go into the world and do good." - Minor Myers, Jr.**