

Date: \_\_\_\_\_

## Mindfulness in Davis County Schools

### *Elementary Schools Implementation Agreement*

Agency: Davis Behavioral Health

School: \_\_\_\_\_

#### **Davis Behavioral Health will provide:**

- Funding for up to 3 school personnel to take the foundation Mindfulness Fundamentals online course through Mindful Schools or an unlimited number of school personnel to attend the MBSR course. provided by Davis Behavioral Health
- Funding for 2 school personnel to be trained in the Mindful Schools curriculum through the Mindful Educators Essentials online course
- A faculty presentation at your school
- Monthly conference/consultation calls for those teaching Mindful Schools
- An in-person Preparing to Teach workshop
- Ongoing support through consultation via phone, email, or in-person meetings

#### **School Commitment & Responsibilities**

- Identify school personnel to complete a mindfulness foundation course & curriculum training

Name	Foundation Training	Curriculum Training
	<input type="checkbox"/> Mindfulness Fundamentals (online) <input type="checkbox"/> MBSR (in-person)	Mindful Educator Essentials (online)
	<input type="checkbox"/> Mindfulness Fundamentals (online) <input type="checkbox"/> MBSR (in-person)	Mindful Educator Essentials (online)
	<input type="checkbox"/> Mindfulness Fundamentals (online) <input type="checkbox"/> MBSR (in-person)	

- Provide support in holding a faculty presentation
- Encourage ongoing mindfulness practice, led by classroom teachers, in between and after completion of the Mindful Schools lessons
- Support data collection efforts

#### **Trained Personnel (Trained through Level 2)**

- Participate in Mindfulness Fundamentals or MBSR foundation course
- Participate in Mindful Schools curriculum training (Mindful Educator Essentials)
- Develop a personal mindfulness practice
- Mindfulness instructors attend a DBH-sponsored Preparing to Teach workshop
- Commit to teaching Mindful Schools in the classroom
- Participate in monthly conference calls
- Complete data report and end of program survey

**Classroom Teachers**

- Actively participate during the 15-minute lesson (not a time for grading, lesson planning, disciplinary action, phone calls, emails, or free time)
- Learn and do the mindfulness practices with the students
- Allow the Mindful School instructor to manage class without intervening during lessons
- Prepare the classroom for mindfulness lesson
- Carve out the full 15 minutes for mindfulness lesson
- Follow-up on mindfulness practice assignment
- Commit to daily mindfulness practice in the classroom (mindful bodies, mindful line up before recess, lunch, or assemblies; three breaths before test, one-minute breathing after recess, mindful putting chairs away, mindful listening, mindful seeing, 30 seconds – 2 min)
- Give students an opportunity to lead mindful practices
- Fill out a follow-up survey

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Davis Behavioral Health Representative

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Personnel to be trained – through Level 1

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School Administrator

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Personnel to be trained – through Level 2

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Personnel to be trained – through Level 2