

2021-2022 Annual Report

Dearest community,

Happy Fall! We greet you with a deep breath of gratitude for your ongoing support of the wellness and wholeness of all students, educators and adults.

This past year, we have grown and shifted in many exciting ways. After our strategic planning process, we transitioned to a collaborative leadership model, which is more aligned with our mission and work. This model of interconnection, empowerment, equitable voice, shared purpose, and love allows us to best serve our community. Our board and staff are working together to execute this model and other elements of our strategic framework.

In 2021-2022 we grew the number of schools and students we served and expanded to the Lacey and Edmonds school districts. Students and teachers shared how profoundly helpful mindfulness is to their lives. Our favorite quote this year: "mindfulness helped me not punch my brother" ... how's that for a practical skill! Thanks to you, more people have access to these practices so they are able to be more grounded, connected to themselves and others, and express their authentic selves. Your social impact matters and we are grateful for your investment in our work.

Kara-Lee, Kim, Nicole, and Tai - The Shared Leadership Team

“ *My students are also able to regulate themselves better which benefits our whole classroom community.*

-Educator

I am more focused. I notice my emotions more, and I am better at looking at different perspectives. -4th grader



OUR IMPACT

98%

of students find one or more mindfulness practices helpful

97%

of teachers saw an increase in students' emotional regulation abilities

94%

of students noted positive differences since learning mindfulness (more focused, calmer, less worried, happier, less angry, kinder, less sad)

92%

of teachers noted an improvement in student well-being

5.1

average times per week, mindfulness is practiced in classrooms outside of Space Between time

~1700

students served

~1450

educators, parents and guardians in 24 workshops

9

public school partnerships

“

I love you. Mindfulness has helped me be happier.

-3rd grader



Mindfulness has helped me when I am mad and I feel like I need to take a break. I would go to my room and take 3 breaths or I would do body movements and it would calm me down - then I would talk it out with the person.

-1st grader

Breathing practices, kindness and curiosity helped me to maintain perspective and carry on during the rough moments of a very challenging (and rewarding) year.

- Educator

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STRATEGIC FRAMEWORK

MISSION: We facilitate human and school transformation through mindfulness practices.

VISION: We want to ensure all students are well and whole.

VALUES: We believe integrated mindfulness practices promote alignment, authenticity and connection.

We have been busy implementing our new strategic framework, which includes these core strategies:

STRATEGY I: Champion mindfulness as a path for healing and wholeness.

STRATEGY II: Increase our internal capacity and organizational infrastructure.

STRATEGY III: Expand the breadth and depth of our reach.

STRATEGY IV: Take risks and innovate across programs and partnerships.

School and Community Partners

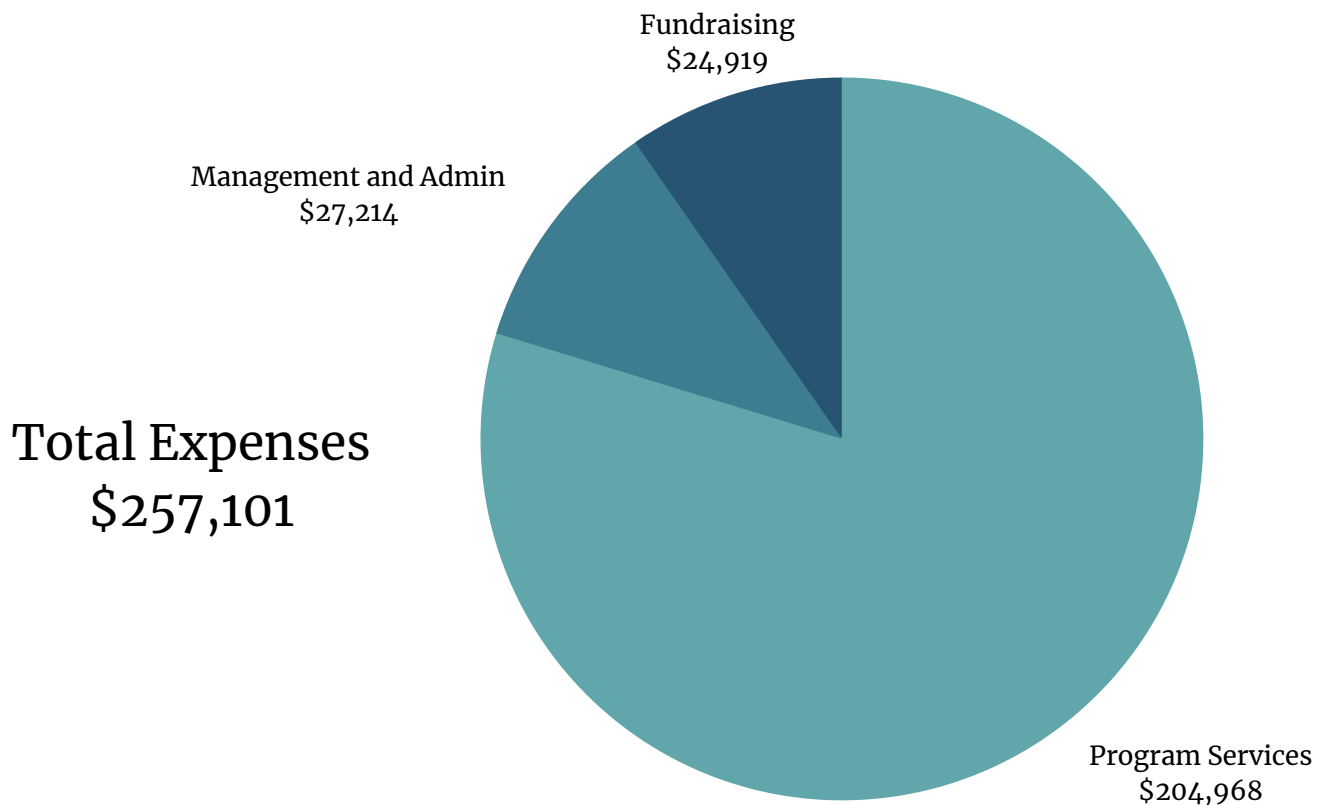
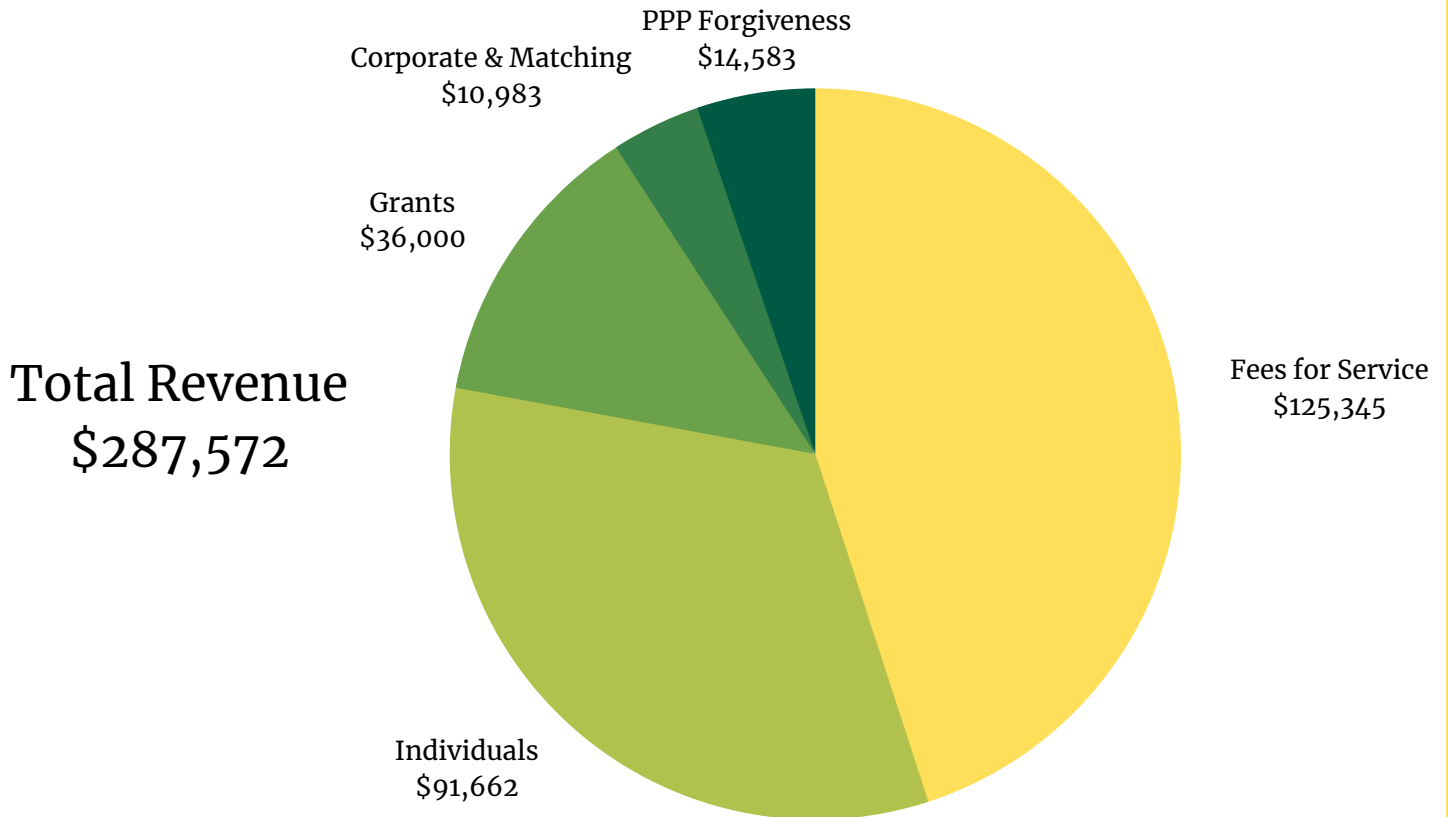
Dunlap Elementary
French American School of Puget Sound
Hawthorne Elementary
John Muir Elementary
Leschi Elementary
Nisqually Middle School
Sanislo Elementary
South Shore K-8
Scriber Lake High School

Associated Recreation Council
Bainbridge Island Swim Club
Boys and Girls Club of King County
Rain City Rock Camp
Seattle Public Schools
Schools Out Washington
UW Center of Child and Family Well Being
UW Forefront Suicide Prevention
YMCA
Youth Development Executives of King County



MINDFULNESS IN REAL LIFE: A new student at Scriber Lake High School approached one of our facilitators after class and asked how he could use mindfulness practices at his fast food job where customers were sometimes aggressive and angry. He left with some ideas and a desire to practice. Later that day when the assistant principal asked him about the best part of his day, he said, without hesitation, "*Mindfulness time. I really got into that.*" He explained that he'd found a space to both relax and focus, and that he was looking forward to continuing learning. This student continues to practice and has found mindfulness very helpful for his emotions, focus, work, and school.

FINANCIALS



Net Assets \$100,143

WITH SO MUCH GRATITUDE

CORPORATE AND MATCHING GIFTS

Amazon Smile
Costco
Jones Lang Lasalle
Microsoft
Sales Force Foundation
SOL Yoga Seattle
Yoga Bliss

ORGANIZATIONS AND GRANTS

Elizabeth A. Lynn Foundation
Fales Family Foundation
Foundry10
Global Health Labs
Lululemon Here to Be Social Impact Grant
Muckleshoot Indian Tribe
Trust for the Meditation Process

INDIVIDUALS

Anonymous (multiple)
Agripina Wilson
Alicia Essers
Alli Myatt
Alyssa Pizarro
Amy Jordan and Eric Friedland
Amy Rider King
Andy Forrest
Annabel Garcia-Andresen
Anne Blackburn
Barbara and Joe Snizek
Blair Carleton
Bradley and Stephanie Gries
Brandon Roth
Carone Weigel
Carrie Peterson
Catherine de Marin
Cecilia Herrera
Cheryl Essers
Coleen Sanders
Constance Hutchinson
David Ignacio
Dawn Aiken
Deb Lennon
Deborah Wepman
Debra Hanson
Deidra Wager
Delight Roberts
Dina Wampold
Divya Krishnan and
Krishnan Srinivasan
Emiko Ohmori
Emily Anthony
Erik Borgesen
Erika Ayer
Erin Krawiec
Eva and Christopher McMullen
Florence and Adam Larson
Ginger Reeves
Gingi Cabot
Glenna Chang

Gretl Dupre Galgon
Martha Draves
Megan Betty Morin
Hal Brookins
Heather Barker
Heather Slye
Heather Wilde
Hope Fellows
Jane Leeds
Jasmine Covey
Jean Prominski
Jeanine Holmes
Jennifer and Troy Duncan
Jill Goffe
Jill Sheldon
Mou and John Ferry
Judith Waldman
Julie Edsforth and
Jabe Blumenthal
Julie Prentice
Kara-Lee Ruotolo and
Andrew Bae
Karen Bullard
Karl Zahlis
Karrie Marton
Katie Berman
Katie Snyder
KC Sun
Kelli Mae Willis
Kelly Mulligan and David Averill
Kelly and Korwin Smith
Kerry Quinn
Kristen Lohse
Kyla Mattox
Lance Neely
Leslie and Marshall Saxe
Linda Gadola
Lindsey Hochrine
Lynn and Howard Behar
Marsha Chandler
Marta Elisa Moret

Mary McMullen
Maya Nader
Melissa Schmoll
Meredith Lohr and Chase Barton
Michel and Peter Spruance
Michele and Andrew David
Molly Jensen
Natale Rochlin
Nellie Allnut
Olga Carlin
Paul Gast and Arti Chandra
Patricia Dubowy
Patricia Vogel
Paul Pierce
Renee Raker and Scott Colee
Renee Russak and Marci Pliskin
Robert and Patricia Ruotolo
Rose Aidin
Sally Thomas
Sander Lazar
Sandra Lee
Sara and Wilbur Kelly
Samuel Griffin
Sarah Greene
Scott and Kim Armstrong
Sharon and Gary Gries
Stephanie Sturgell
Susan Talley
Sue Wagner and Don DeSalvo
Tairea Mattox
Tanya Fischer
Tonie Talbert
Trudi Knight
Vanessa Pizarro
Victoria Romero
Wendy and Erik Heipt
Whitney Clarkin
Wil Depusoy
William Finlay
Xinye Li
Xixi Shakes
Yaffa Maritz



Our Board

Alyssa Pizarro
Eva McMullen
Jill Sheldon
Maya Nader
Michel Spruance
Sara Kelly

Staff, Facilitators, Contractors

Kara-Lee Ruotolo
Kim Armstrong
Mary McGough
Nicole Sirivansanti

Sander Lazar
Sejla Hasic
Tai Mattox
Trudi Knight