

“Peacefulness, the bowl ringing, time to slow down and (not) think.”

-Terry, high school science teacher



“Mindfulness made me less stressed.”

- Ryan, high school student



Results

- 100% of teachers who responded reported **improvements** in their students in one or more areas: relating to other students, **paying attention**, ability to settle down, **impulse control**.
- 100% of teachers surveyed saw **positive changes** in their students abilities to **regulate emotions**.
- 100% of teachers said that they had **personally benefited** from mindfulness practices.
- Teachers rated the program, the curriculum, and the teachers 8.9/10 in their evaluations.

Activities & Financials

2017	2018
Space Between Program Activities <ul style="list-style-type: none"> • Worked in three Seattle Public Schools • Co-wrote mindfulness and yoga into the Interagency Academy REACH curriculum (SPS high school) • Taught mindfulness curriculum in 10 classrooms at Madrona Elementary • Led Mindful Educator Trainings for multiple weeks at both Leschi and Madrona Elementary schools • Taught weekly after-school yoga classes for kids • Facilitated parent-child yoga classes at a local community center 	Space Between Planned Program Activities <ul style="list-style-type: none"> • Work in four to five schools • Lead Mindfulness in Schools Professional Development in four to five schools, reaching approximately 160 teachers • Deliver in-classroom curriculum to 80 classrooms, coupled with teacher coaching. • Deliver family education through the schools with whom we work • Provide a Mindful Educator Retreat in the summer for teachers and school staff, as continuing education. • Ongoing yoga programming for both teachers and students in schools



2017	2018 (Projected)
Income <ul style="list-style-type: none"> Individual Gifts \$ 38,410 Grants/Sponsorships \$ 500 Earned \$ 2,948 Total Income \$ 41,858 	Income <ul style="list-style-type: none"> Individual Gifts \$ 85,000 Grants/Sponsorships \$ 32,500 Earned \$ 20,000 Total Income \$ 137,500
Expenses <ul style="list-style-type: none"> Programs \$ 3,625 Other \$ 10,766 Total Expenses \$ 14,391 	Expenses <ul style="list-style-type: none"> Programs \$ 106,303 Other \$ 31,183 Total Expenses \$ 137,486
Excess income over expenses \$ 27,478	Excess income over expenses \$ 14

We are profoundly grateful for your ideas, contributions, and enthusiasm for the work of Space Between. The year ahead is full of great work and we look forward to continuing this journey with you.

Love,
Michel and
Kim

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Other Gifts

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“Mindfulness brought peace to me.”
- Donny, high school student

“I feel peaceful and calm.”
- 1st grader, moments after a mindfulness lesson which she entered stomping her feet in anger

