



“I have had perhaps the best start to this school year as a result of my own calm entering the new year, but also as a result of making mindfulness a priority with my students. When we gather for our mindful minute before class my students have actually cheered beforehand. They love this time and I honestly wasn't convinced certain students would ever give it a try and they are the ones sharing their own technique afterwards!”

-Middle School Teacher, Fall 2018

### Results

• In our 2018 Spring/Summer program surveys:

- 86% of teachers surveyed saw improvement in emotional regulation, how students relate to each other, and in impulse control.

“When I'm in hard problems, if I breathe and think about what I am feeling, it can really help.”

-Student, grade 4

- 86% of teachers are using mindfulness practices at least a few times per week, and 71% are using mindfulness practices daily or multiple times per day.
- 71% of teachers recognized changes for the better in focus and attention and the ability for students to settle down.

- average ratings from classroom teachers surveyed were 9.7/10 for our facilitators and 8.7/10 for our programs.

“I learned about taking time to notice how my body is actually feeling... and breathing.”

-Student, grade 5

- Three months after our Mindful Educator retreat and Professional Development, 100% of teachers responded that working with Space Between was a positive experience.

- In Title I elementary schools in the fall of 2018, teachers reported that 11-30% of their students had significant difficulty with attention, self-regulation, and demonstrating compassion to themselves and others. Teachers stated that they believe that mindfulness is a promising tool to lower stress and create more space for increased choice.

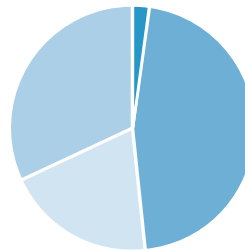


### Activities & Financials

	2018	2019 *
Schools	3	6
Teachers	165	390
Students	975	1700
Families	100	200
Retreats/PD for teachers	1	3

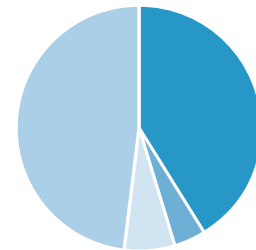
\* projected

#### Income - \$197,619.46



- Corporate Contributions \$4,850
- Individual Contributions \$91,107
- Fees for Service \$38,662
- In-Kind Contributions \$63,000

#### Expenses - \$131,791



- Program Expenses \$54,507
- Fundraising \$5,505
- Management and Administration \$8,779
- In-Kind Expenses \$63,000



### Our Team

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- Madrona Elementary
- Sanislo Elementary
- Eckstein Middle School
- Catherine Blaine K-8
- The Northwest School
- Seattle Public Schools
- Bainbridge Public Schools



“I loved having Space Between in the classroom and look forward to having the opportunity to experience [more] in the future!”

-Teacher

- Various Teachers

“I find myself practicing the strategies when I am getting frustrated throughout the day.”  
“Mindfulness has saved teaching time. Transitions take less time and less redirections during lessons.”  
“Students are able to notice that they are significantly triggered and use mindful breathing to settle themselves.”

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Where kids move,  
breathe, & thrive.



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**We are overjoyed to have received our own 501(c)(3) status in the fall of 2018. We are grateful to the Compassionate Action Network for serving as our fiscal sponsor and advisor prior to that. Thanks to all of our board members, donors, facilitators, staff, and partners. Together, we are bringing tools for less stress and anxiety, and more well-being and joy to our school communities.**

With gratitude,  
The Space  
Between Team

### Corporations

- Be Luminous Yoga
- Brighton Jones
- Sales Force Foundation
- SOL Yoga

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- The Lacewing Foundation
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