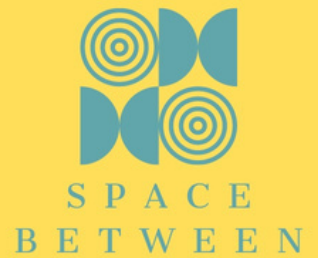


School Partnerships



Mission and Vision

We envision that all children are well and whole.

Our mission is to facilitate school and human transformation through mindfulness practices.

School Programs

- Weekly classroom mindfulness lessons for 12-16 weeks.
- Professional Learning for Teachers and Staff.
- Bringing Mindfulness Home workshop for parents and caregivers.
- Summer and after school mindful movement

Impact

- 100% of teachers said mindfulness positively impacted their teaching.
- 100% of teachers saw an improvement in students ability to regulation emotions (43% yes, 57% sometimes).
- 95% of students noticed positive differences since learning mindfulness (on focus, anger, happiness, etc.)
- Partnerships with eleven public schools, 67 classrooms in 2022-2023.

"Truly it's such a wonderful blending of worlds to experience firsthand (or rather secondhand through my kiddo) the amazing support and skill-building that a partner org like Space Between can provide to our kids! Thanks for reaching out, and for the great work you all do."

- SPS employee and parent

To learn more, reach us at info@spacebetween.community

What School Partners Say:



Mindfulness is being calm and feeling love.
- Kindergardner

I used to feel violent, but now I don't get in fights anymore!
- 3rd grade student

Mindfulness helps me so much! I love mindfulness!- 5th grade student

Your support of teachers and students is vital.
- Teacher

Mindfulness has helped me get happier and stronger.
- 4th grade student

Mindfulness has helped me understand my thoughts and emotions better.
- 4th grade student

Would love to try and have mindfulness in the classroom again next year- Wonderful practice. More classrooms or the school community should have mindfulness as part of their routine.
- Teacher

I could not ask for better. Talk about real and authentic. I loved this more than I knew I would.
- Teacher



Sample Practices



STOP Practice



Balloon Breath



Loving Kindness Practice



Mindful Listening



Starfish Breath



3-2-1 Practice