

DYNAMIC MINDFULNESS

TRANSFORMING SCHOOLS ONE BREATH AT A TIME

WHY DYNAMIC MINDFULNESS?

Niroga Institute's Dynamic Mindfulness (DMind) is an **evidence-based, trauma-informed, stress-resilience program** that has been embraced by classroom teachers across the country for the last 10 years.

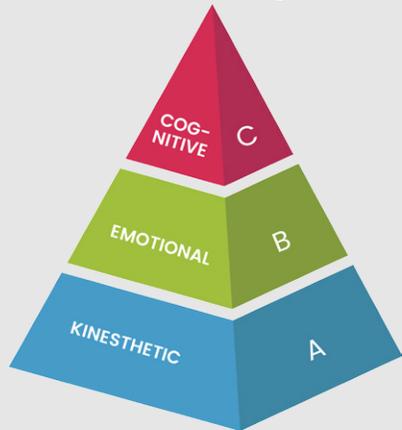
DMind integrates the **Mindful ABCs—Action, Breathing, and Centering**—into a powerful intervention that can be implemented in the classroom in 5 minute to 20 minute sessions, 3 to 5 times a week.

DMind has been **field-tested with over 50,000 students**, and Niroga **trains thousands of teachers annually** to implement Niroga's 4 unit, 48-lesson scripted DMind curriculum in their own classrooms.



FOUR DMIND COMPETENCIES

Mindful **A**ction, **B**reathing and **C**entering



Vertical Integration enables optimal information processing and emotion regulation

THE NEED FOR DYNAMIC MINDFULNESS IN SCHOOLS

Stress resilience is a key factor in student success. The latest research in developmental neuroscience suggests that **chronic stress impacts brain functioning, and disrupts our ability to learn, focus attention, regulate emotions, have empathy, and cope in healthy ways.**

Dynamic Mindfulness addresses the kinesthetic, emotional and cognitive elements of our bodies and is an **evidence-based, trauma-informed method to build stress-resilience, increase learning readiness, enable emotion regulation, and increase prosocial behavior in children, adolescents, and adults.**

Dynamic Mindfulness practices have been validated by the latest findings in neuroscience, trauma research, and somatic psychology.

TRANSFORMING YOUR SCHOOL WITH DYNAMIC MINDFULNESS

Dynamic Mindfulness can bring balance and positivity to all three components of a school's ecosystem by transforming a school's values and culture through intersections of:

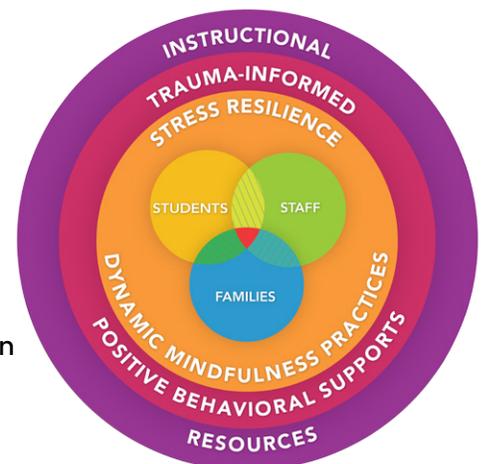
- Students and Staff – **school and classroom climate**
- Students and Families – **home environment**
- Families and Staff – **community environment**
- Students, Staff & Families – **school culture and values**

“In just three months of Dynamic Mindfulness in our school, we have seen a 70% drop in referrals, and suspensions compared to the year before.”

– Principal John Jimno, Park Middle School

“Excessive absences decreased by 19% and overall absenteeism dropped by 13%.”

– Principal Itoco Garcia, Cherryland Elementary



SCHOOL-WIDE TRANSFORMATION





DMind practice led by mindful peer leaders during Wellness Night, King-Chavez Elementary School, San Diego, California



DMind programs develop the skills that are foundational for all other school initiatives

3 LEVELS OF ENGAGEMENT FOR THE COMPLETE DMIND PROGRAM EACH YEAR

Niroga’s DMind program is a flexible and scalable solution to provide students, staff, and families with invaluable tools of stress resilience and emotion regulation, while concurrently transforming your school’s culture into a more joyful and productive learning environment.

LEVELS OF ENGAGEMENT	DMIND I	DMIND II	DMIND III
All Staff DMind Foundations Training & Curriculum	✓	✓	✓
8 hours of online coaching	✓	✓	✓
Full curriculum of video lessons	✓	✓	✓
All Staff DMind Teacher Training	—	✓	✓
10 hours of in-person coaching	—	✓	✓
Additional professional development	—	✓	✓
Peer leadership supports for staff, students & families	—	—	✓
In-Class DMind sessions by Niroga	—	—	✓
Program evaluation and analysis	—	—	✓

