

# Practice Mindfulness Everyday®

[www.mindfulnesseveryday.org](http://www.mindfulnesseveryday.org)



MINDFULNESS  
TRAINING FOR  
HIGH SCHOOL  
STUDENTS  
2022-2023  
SCHOOL YEAR





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## WHO WE ARE

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Mindfulness Everyday, registered partner with the TDSB, has been delivering mindfulness programs that support health and well-being for students, parents, educators and helping professionals since 2009.



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## WHAT WE OFFER

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The Mindfulness Edge™ (Stress Management and Life Strategies for Teens and Young Adults) is a 12-session in-school program. It has been part of the Grade 11 - Leadership curriculum as a 12-session program since Fall 2012. The program has also been adapted by Mindfulness Everyday for alternative delivery options, including a 6-session version for Grade 9 Students. This is an experiential and immersive program designed to help teens develop coping strategies to reduce stress, increase awareness and succeed in school and life. The Mindful Edge specifically fulfills the need for a comprehensive mental wellness program for teens .



"This training taught me that there are better ways to cope with things and that I should prioritize myself" - Grade 12 Mindful Edge participant, 2022

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## THE MINDFUL EDGE™ PROGRAM OVERVIEW

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The Mindful Edge™ combines the practices of mindfulness with knowledge of brain science, positive psychology, movement and healthy living skills to create a program that benefits teens socially, emotionally, physically and academically. Through mindfulness practice and discussion, students learn to use simple and accessible tools to:

- Reduce stress
- Support emotional regulation and resilience
- Improve focus and concentration through the cultivation of present-moment attention
- Develop the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or others.
- Encourage empathy, compassion and a sense of community
- Support strategies and skills to support Healthy Habits for Body, Mind and Heart

The program is composed of 70-minute themed lessons, delivered by a qualified Mindfulness Everyday facilitator, delivered in-person and/or virtually. More information on The Mindful Edge™ program [HERE](https://mindfulnesseveryday.org/tme.html):  
<https://mindfulnesseveryday.org/tme.html>

Please see Appendix A for information on curricular connections.



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## THE NEED

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The need for comprehensive mental health programs has never been greater. Ontario youth are more depressed, and anxious than pre-pandemic days due to the pandemic and climate change (*As reported by the Centre for Addiction and Mental Health (CAMH) survey, 2022*). Results show that one-third of Ontario students described their mental health as "fair" or "poor," while nearly half said they experienced "moderate" to "severe" psychological distress in the month prior. In comparison to 2019, students reported worsened mental health and ability to cope with those feelings. The number of youth seeking counselling increased, alongside the number of youth reporting that their mental health needs went unmet. In their 2019 report, the Ontario College of Universities identified the need for resources and instilling coping skills and resiliency in students K-12, before entering post-secondary education. In the Spring 2019 National College Health Assessment (NCHA), their online survey reported:

- 53% of students feeling so depressed in the previous year it was difficult to function (up from 46% in 2016);
- 69% of students reported experiencing overwhelming anxiety in the previous year (up from 65% in 2016).

The need is clearly evident and growing.



Mindful or Mind Full

"I will use what I learned to help identify when I feel stressed and come up with ways to help reduce it. Assess the situation before acting." - Grade 11 Mindful Edge participant, 2022



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## PROGRAM DELIVERY

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The 12-session program is delivered in 3 Units that are comprised of 4-lessons each with a specific theme and focus: (see *Appendix B* for a breakdown of sessions)

- The Essentials of Mindfulness: What is it, how to practice it, practical skills and strategies to manage stress, and why it is beneficial.
- Mindful Social and Emotional Learning: The lessons build on the framework of Social Emotional Learning (SEL), with an emphasis on mindful awareness as the foundation to support emotional regulation.
  - The 5 core SEL competencies are Self-Awareness, Self-Management, Responsible Decision Making, Social Awareness, and Relationship Skills.
- Mindful Leadership: training students to share their learnings with other students.

Some options for the delivery of this 3 unit program are:

- Best: All 3 Units, the full 12-session program
- Better: Units 1 and 2, 9 sessions
- Basic: Unit 1, 5 sessions



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## FEES

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The Mindful Edge™: \$300 per class, delivered in-person (preferred) or virtual. If multiple sessions are delivered, it is requested that the classes be scheduled back-to-back so that the facilitator's time is respected.

Classroom teacher **MUST** attend and participate in the lessons.

Professional Development Workshop™: \$600 per 2-hour session, delivered in-person (preferred) or virtual.

The Mindful Edge Teacher Training Workshops™: \$600 per 4-session workshop, delivered online.

*Depending on the location, there may be an additional travel charge.*



## APPENDIX A: EDUCATION CURRICULUM EXPECTATIONS AND THE MINDFUL EDGE

The Mindful Edge specifically fulfills the need for a comprehensive mental wellness program for teens in high schools.

1. THE ONTARIO CURRICULUM Preface to all curriculums focus as the foundation for learning:

- SECONDARY SCHOOLS FOR THE TWENTY-FIRST CENTURY
- SUPPORTING STUDENTS' WELL-BEING AND ABILITY TO LEARN
- THE ROLE OF MENTAL HEALTH

2. Specific Curriculum Expectations:

- THE ONTARIO CURRICULUM, GRADES K-8 & 9–12 Health and Physical Education:

The living skills expectations in Healthy Active Living Education

- THE ONTARIO CURRICULUM, GRADE 10 Open (GLC20) Career Studies:

Career Studies course will enable students to consolidate and share what they have learned in the four areas of learning of the education and career/life planning framework:

- Knowing Yourself
- Exploring Opportunities
- Making Decisions and Setting Goals
- Achieving Goals and Making Transitions

- Ontario Ministry of Education Job skills program - Specialist High Skills Major:

Fulfills the industry certification requirements that focus learning on a specific economic sector while getting your high school diploma. Applicable Sectors include Health and Wellness, Business, Non-Profit, Arts and Culture

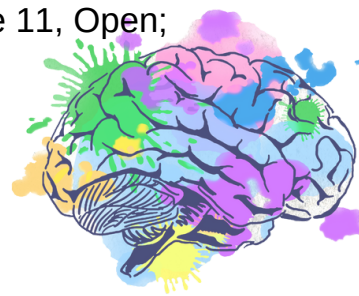
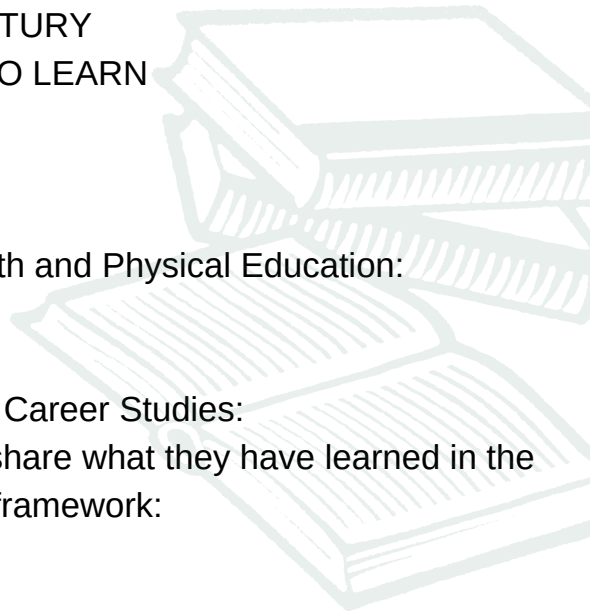
- The Ontario Curriculum Grades 11 and 12 Interdisciplinary Studies:

- E.g. Mindful Yoga and the Philosophy of Wellness for Grade 12.

This course draws from selected expectations from four courses, Phys. ED Healthy Active Living Education, Grade 12, Open (PPL4O); Recreation and Healthy Active Living Leadership, Grade 12, University/College Preparation (PLF4M); Philosophy: Questions and Theories, Grade 12, University Preparation (HZT4U) and English, Grade 12, University Preparation (ENG4U) in addition to meeting the curriculum requirements of an IDC4U course.

- E.g. Mindful Yoga and the Philosophy of Wellness for Grade 11.

This course draws from selected expectations from four courses: Interdisciplinary Studies, Grade 11, Open with selected expectations from two courses: Health for Life, Grade 11, Open; Philosophy: The Big Questions, Grade 11, Open.





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APPENDIX B: THE MINDFUL EDGE  
12-SESSION PROGRAM

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Lesson	Theme	Description
Session 1	What is Stress?	Physiology of stress and how mindfulness can ease and help manage students' response to stress.
Session 2	Why Be Mindful?	Intro to mindfulness and relevance for students, establishing personal connection - the buy-in.
Session 3	How to Practice Mindfulness? Paying Attention to Body and Breath	Experience of mindful practices that use body and breath as an anchor to attention: body scan, circle breathing, mindful eating.
Session 4	What is the Neuroscience of Mindfulness?	The neuroscience of attention and neuroplasticity.
Session 5	What is the Science of Happiness?	Happiness is a state that can be cultivated through practicing gratitude, appreciation & kindness, drawing on the recent research on Positive Psychology.
Session 6	How do Emotions Impact Thoughts and Behaviour?	What is Social and Emotional Intelligence? Exploring emotional literacy, moods, feelings and the continuum of emotions.
Session 7	How to Manage Strong Emotions?	We can learn to manage strong emotions in a way that helps us identify our needs and get them met in situations, and does not escalate them.
Session 8	How do Thoughts Impact Emotions and Behaviour?	Exploring thinking, including the impacts of perception, implicit bias, cognitive distortions. Investigating mindful self-compassion, self-care, and resiliency.
Session 9	How Can Mindfulness Impact Creativity?	Exploring mindful art-based activities.
Session 10	What is Mindful Self-Compassion?	Self-compassion is a skill that can be cultivated, exploring the three foundations of mindful self-compassion: mindfulness, self-kindness and common humanity.
Session 11	How Does Mindful Communication Improve Relationships?	Relationships and connection can be enhanced through practicing mindful speaking and listening. Principles of mindful communication include setting an intention, being fully present, remaining open and non-judgmental, and relating to others with compassion.
Session 12	What Does Mindful Leadership Look Like?	Putting It All Together. Going forward, reviewing how participants can implement  Investigating the aspects of mindfulness that support leadership: awareness, attention, intention and action.

