



## Mindfulness Implementation Plan

Mental Health Matters Mindfulness Team Goal: Partnering with schools to learn, practice, and integrate mindfulness strategies to improve focus and memory, decrease depression and anxiety, help cope with stress, and improve school environment in middle and high school staff and students.

### Schoolwide Plan

<p>How will mindfulness be taught or shared with interested staff members that have not attended a training? Who will share? When?</p>	
<p>What formal and regular staff mindfulness practices will you have?</p> <ul style="list-style-type: none"> <li>· Type of practice</li> <li>· When?</li> <li>· How often?</li> <li>· Length of time?</li> </ul>	
<p>Describe how mindfulness practices will be brought to students. (Classrooms, certain classes, sports, schoolwide practices, etc.)</p>	
<p>What materials/resources do you need?</p>	
<p>How will you know the mindfulness practice is effective?</p>	
<p>What support system and strategies will you use to help you sustain this practice at your school?</p>	