

# Mindfulness Case Studies

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# Overview

- Research purpose
- Research methods
- Findings
- A recommended model
- Recommendations



# Research Purpose



# Purpose

- To develop a stronger evidence-base from which to inform future mindful practices
  - The context and need for mindfulness;
  - The way in which mindfulness was introduced, diffused and implemented across the school community;
  - The capacity supports required for full implementation;
  - The barriers and enablers to implementation;
  - The school community's use and satisfaction with the mindfulness strategies; and
  - Recommendations for their own future practice and for schools undertaking mindfulness activities for the first time.



# Research Methods



# Case Study Research

- Full Department of Education ethics approval
- Schools identified by Steering Committee
  - Exemplar practice
- 17 schools approached
  - 9 participated



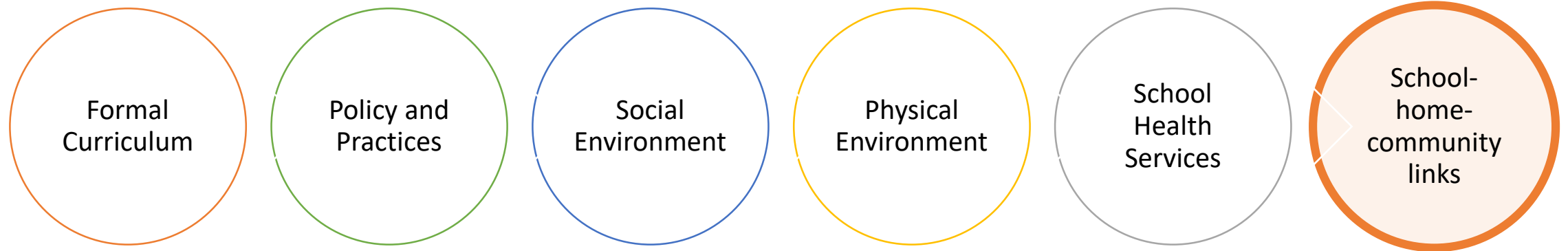


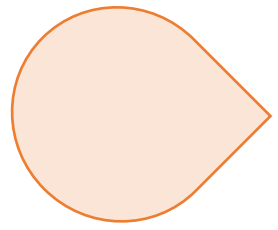
# Findings





# *Mindfulness is another tool in our toolkit*





# Formal Curriculum

- Explicit teaching

- MindUP

- Practice

- Brain breaks

- Guided meditations (Smiling minds)

- Colouring

- Zentangling

- Yoga





# Policy and Practice

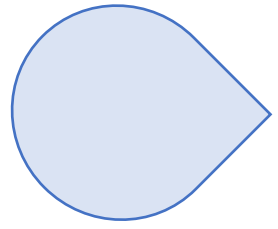
## ○ Policy

- Very few schools have mindfulness in policies
- Where it is embedded, mindfulness is a whole-school approach

## ○ Practice

- Behaviour management approaches
  - Calming before managing behaviour
  - Case management





# Social Environment

- Create a culture for mindfulness
  - Integrated in to values programs
  - Use communication channels to promote mindfulness
  - Whole-school activities

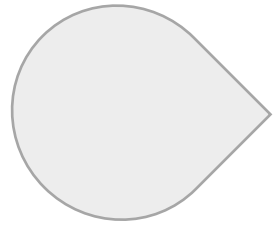




# Physical Environment

- Quiet zones in classroom
- Dedicated rooms for a Counsellor or School Psychologist to discuss mindfulness
- Using the outdoor environment to talk with students and not an office

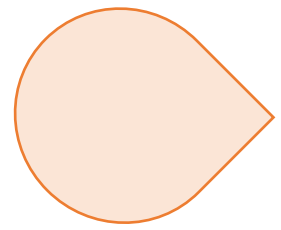




# School Health Services

- Actively engaged with
  - School psychologist
  - School chaplain
  - Other support services and referral points where required





# School-home-community links

- Least well-used
- Many schools felt parents would be ‘put off’ by mindfulness
- Used in case conferences with parents, managing student behaviour



# Capacity

- Time
  - to plan
  - to implement
  - to reflect
- Funding
  - to purchase materials
  - to purchase PL
  - to employ additional staff
- Training
  - knowledge of mindfulness
  - practice
- Staff
  - the right staff





Recommended model





# Recommendations



# Recommended 'next steps'

- Offer training to school leaders, teachers, parents and the broader community using online and face to face methods, and evaluate each;
- Establish a 'what works' online portal of effective classroom and whole-school strategies;
- Continue promotion of mindfulness to the broader community and schools; and
- Consider testing the impact of a whole-school approach to mindfulness on children and teachers.



Thank you!

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