



# SOCIAL EMOTIONAL LEARNING

DEVELOPING SEL THROUGH MINDFULNESS

[mindfulnessleader.org](http://mindfulnessleader.org)

# OVERVIEW

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The ML curriculum covers the holistic & practical mindfulness practices related to mental health and emotional wellbeing. From leadership and decision-making to self & social awareness competencies, ML programs build responsible members of the community. Led by the belief in diversity, programs have been designed for children and people from all walks of life.

Our mission is to enhance, train, and align young minds to aid the development of Emotional Intelligence.



# IMPORTANCE

## STATISTICS & RESEARCH

**1 in 6 U.S. youth aged 6–17** experience a mental health disorder each year

**50% of all lifetime mental illness begins by age 14**, and 75% by age 24

**Suicide is the 2nd leading cause of death** among people aged 10–34

In addition to these alarming statistics, the COVID-19 Pandemic has significantly worsened mental health trends among the youth. Teens NEED mental health programs such as Mindfulness Leader now more than ever.



# THE CURRICULUM

In the Mindfulness Leader SEL  
curriculum,

STUDENTS are the project.

Teaching exercises are focused on improving  
various skills and aspects of a student's life,  
ultimately producing emotionally intelligent  
Mindfulness Leaders.





# THE 3 KEYS

The ML curriculum is taught by 23 principles divided into 3 key categories:

INNER AWARENESS

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PHYSICAL AWARENESS

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BEING INTENTIONAL







# KEY 1: INNER AWARENESS

Mindfulness, Meditation, Emotional Intelligence,  
Intuition, Gratitude & Thankfulness, Consciousness,  
Perspective, Power of the Mind



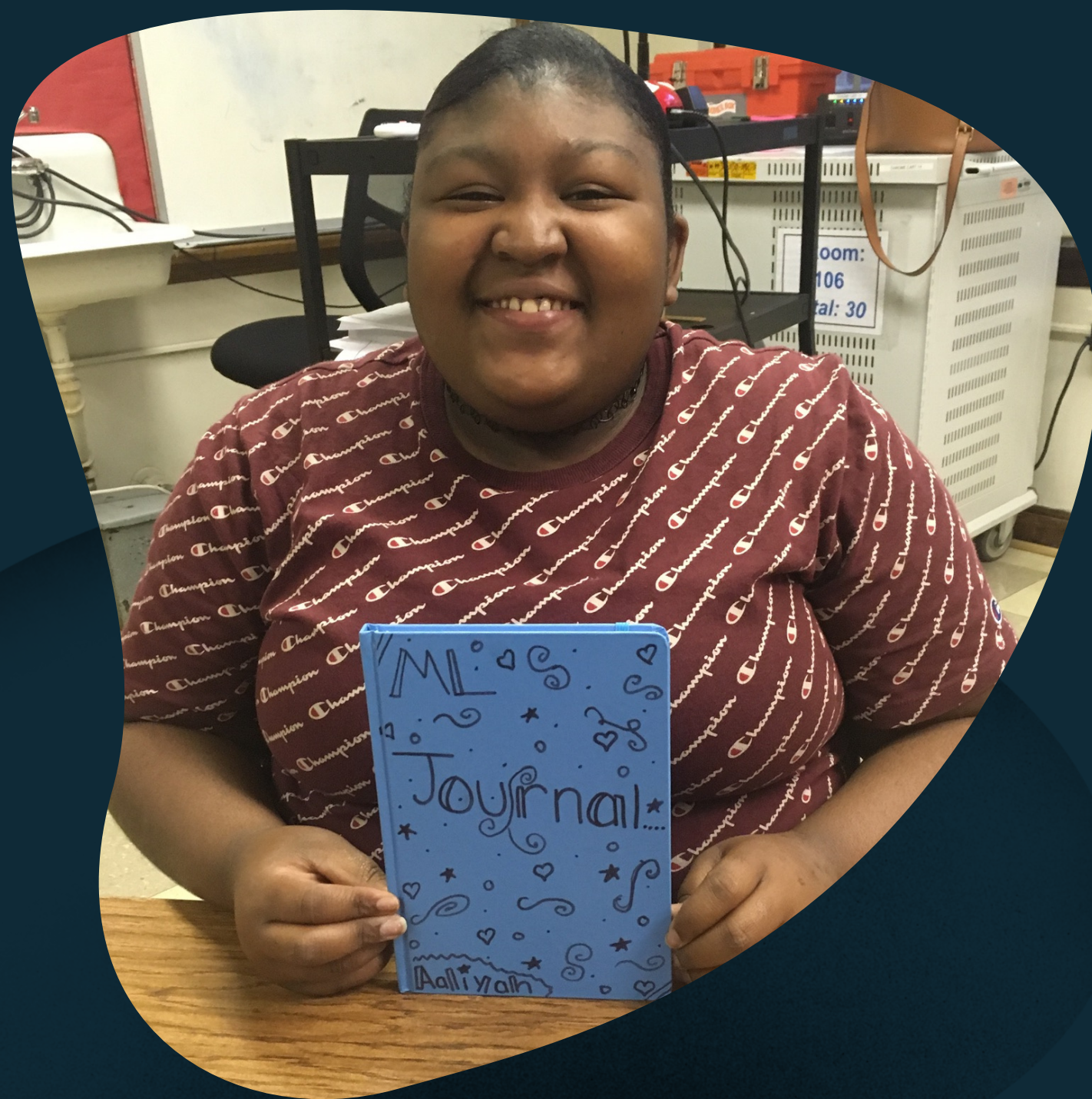


## INNER AWARENESS

Inner Awareness focuses on skills that are improved with cognitive observation of feelings and thinking patterns.

Students become more in tune with their emotions and aware of their thoughts, empowering them to gain more control of their wellbeing.





## INNER AWARENESS

Inner awareness skills are developed through activities such as the “Raise Your Vibe” journal activity where students create a list of activities that they can turn to to improve their mood. As students cultivate more emotional awareness throughout the program, the list grows longer.



## INNER AWARENESS

“Notice–Shift–Rewire” is another Inner Awareness activity in which students learn to change negative thinking patterns on a thought-by-thought basis. Through similar activities, students are provided with a curriculum that empowers them to become emotionally intelligent, aware of the quality of their thinking patterns, and ultimately become more well-rounded and equipped individuals.







# KEY 2: PHYSICAL AWARENESS

Creating Healthy Rituals, Physical Movement,  
Grounding, Energy and Vibrations

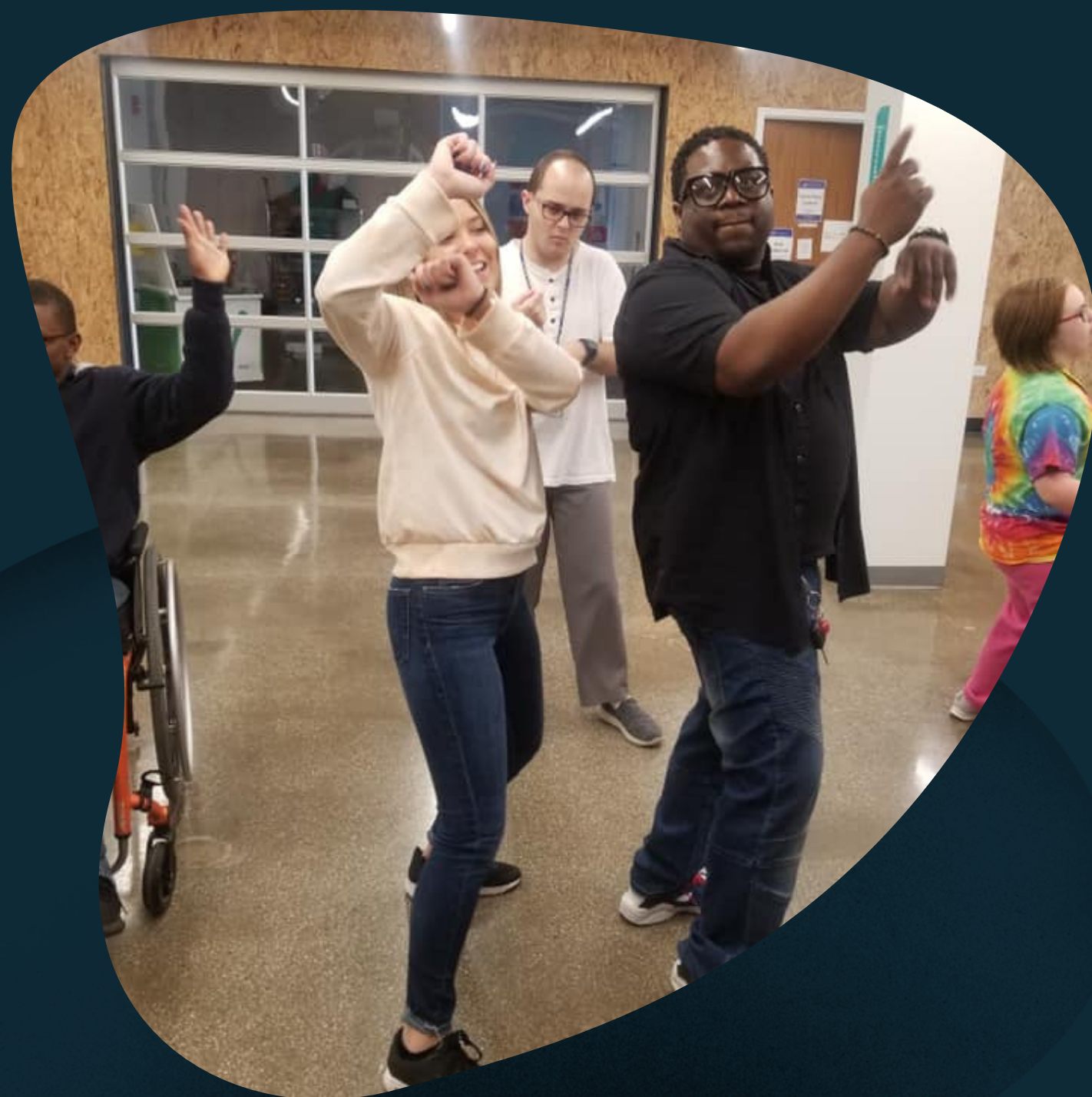




## PHYSICAL AWARENESS

Physical Awareness emphasizes the importance of the everyday choices that we make throughout our lives. Students learn to implement healthy habits into their routines, such as grounding and physical movement.





## PHYSICAL AWARENESS

Students practice physical awareness skills through the practice of keys such as **physical movement**, which encourages students to find a form of movement that they enjoy in order to relieve stress and negative energy from the body.



## PHYSICAL AWARENESS

Physical awareness is also fostered through activities like grounding, where students connect with their mind and body by practicing mindfulness outdoors.

Students learn the importance of their daily decisions and make an effort to implement healthy habits into their routines.







## KEY 3: BEING INTENTIONAL

Leadership, Empathy & Compassion, Self-Esteem,  
Creativity, Owning Your Actions, Visualization,  
Service, Owning your Actions, Leading From  
Within, Rewarding Yourself, Forgiveness, Literacy

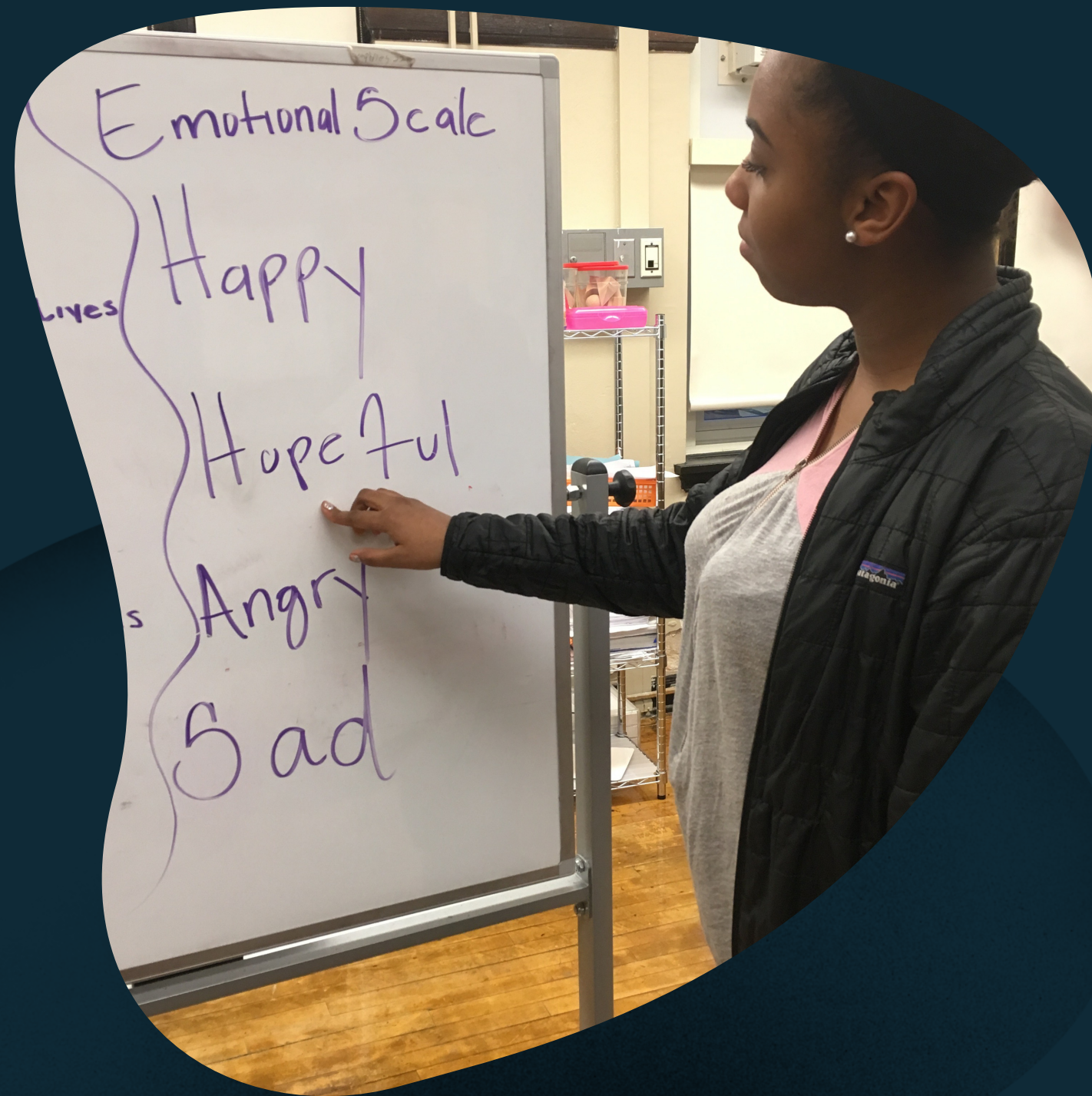




## BEING INTENTIONAL

The Being Intentional key highlights the significance of balance in life and leadership in future endeavours. Students polish off their inner and physical awareness skills with real life applications and exercises.





## BEING INTENTIONAL

The last key of Being Intentional is polished through repeated practice of activities such as **visualization**, where students use their creativity and imagination to forecast their ideal future in vivid detail. Students complete the exercise feeling inspired and excited about the possibilities of their future.



## BEING INTENTIONAL

Students end the program with a lesson on leadership, reviewing how each principle empowers them to become balanced and aware leaders. After learning all 23 principles, students officially become Mindfulness Leaders—equipped with all the tools they need to live a successful and happy life.



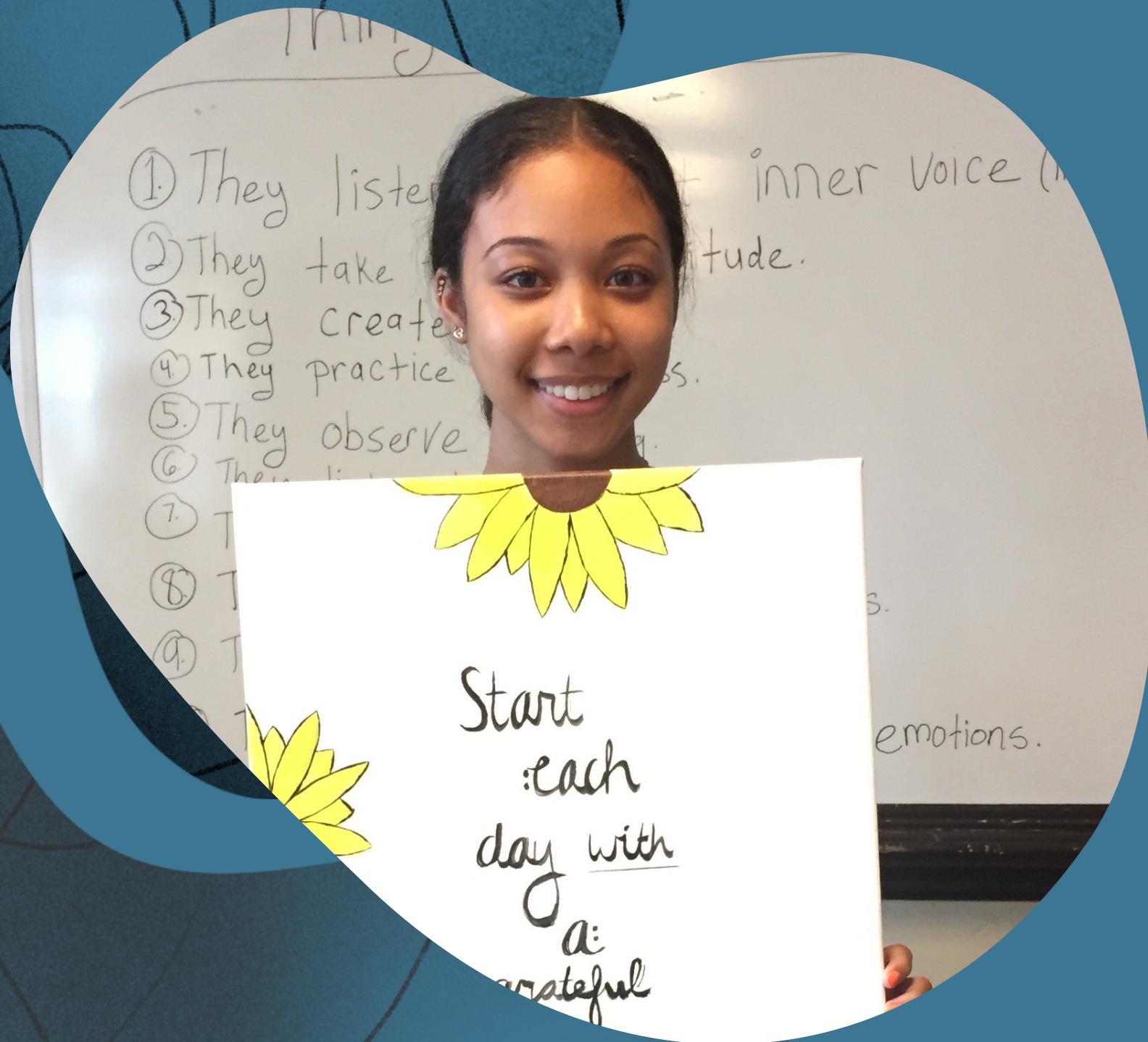


1 OR 3 YEAR  
LICENSES AVAILABLE

## WHAT'S INCLUDED

- Mindfulness Leader Teacher's Manual
- Student Manual
- Mindfulness Exercises
- 23 Mindfulness Principles presentation slides
- Personalized support provided by an Account Specialist specifically assigned to your school
- Monthly Webinars hosted by a Mindfulness Leader certified teacher
- Student Surveys and Tracking Reports





GET STARTED  
NOW!

[mindfulnessleader.org](http://mindfulnessleader.org)