

# SEPTA GRANTS IN ACTION



## Article submitted by Tracy Martinez

Through the generosity of a SEPTA grant, each teacher in Hemlock School was provided with mindfulness resources, including yoga and mindfulness card decks and feelings flashcards in order to implement a mindfulness activity in the classroom once per day.

All teachers at Hemlock previously participated in a staff development workshop on Mindfulness. Each teacher responded positively to this workshop and began to incorporate a moment of mindfulness in the classroom. Providing the teachers at Hemlock with additional resources has helped to make this program a success. In addition to providing each teacher with resources, Hemlock has also maintained a mindfulness resource library that can be accessed by teachers as well as related support personnel and special area teachers, as necessary. These resources provide instructions in how to lead students in various mindfulness activities, which are suitable for young children in the classroom setting.

Engaging in mindfulness in the classroom will enrich the educational experience of our special education population by exposing our students on a daily basis to various coping strategies, and giving them the opportunity to practice these strategies daily in the classroom. Engaging in these exercises in the classroom will also provide an opportunity to practice these skills amongst peers, utilizing peer modeling for additional assistance. Having teachers implement these skills in the classroom will allow teachers to gain additional first-hand experience and knowledge of which tools may be most successful for particular students, and may therefore be able to better assist students in accessing those tools in a time of distress. We are so very grateful to the Garden City SEPTA for providing us with these resources! In fact, this program was so well received it has since made it's way to all primary buildings!

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