

mindfulness ambassador program

While the education system helps youth with cognitive development, once they step outside the classroom they face challenges where knowing the square root of pi cannot help. Our evidence-based Mindfulness Ambassador Program changes that story. Through active experiential learning and cross-cultural conversations on mindfulness and social and emotional competence, youth are encouraged to ask questions, to explore their inherent wisdom and develop the resources they

need to address the challenges and opportunities they face inside and outside of the school walls. Whether you are an educator, health professional, parent or youth worker, the 12 lesson plans of The Mindfulness Ambassador will help prepare the youth you serve as knowledgeable, responsible and caring citizens for the future. For 15 minute online mindfulness-based activities, check out The RETHiNK Kit.

program learning objectives

- + Regulate Emotions
- + Manage Stress & Anxiety
- + Negotiate Conflict
- + Develop Perspective
- + Build Self-Confidence
- + Set & Work Towards Goals
- + Develop Self-Awareness
- + Build Resilience
- + Build Social Awareness

research findings

In 2012, the University of Toronto's Factor-Inwentash Faculty of Social Work explored the benefits and limitations of the Mindfulness Ambassador program for secondary school students. This study examined the outcomes participation in the Mindfulness Ambassador program had on students' academic motivation, self-management, levels of stress and anxiety and socio-emotional learning. Researchers used a mixed-method research design to gather qualitative data from focus groups, and quantitative

data from pre-post questionnaires using standardized scales to gauge the program impact. Research findings demonstrated that participants were employing the skills learned in the program, including: coping with challenges, working with others, Improving their relationships with others, managing stress or anxiety, being calm and relaxed, coping with sadness and communicating more effectively with others.