### Tier 1: Universal Interventions

- Incorporating mindfulness into new or existing school-wide social-emotional learning curricula including self-awareness, self-management, Social awareness, relationship skills, responsible decision making.
- Stand-alone mindfulness programs
  - Mindful Schools
  - Mindful Life Project

### Tier 2: Targeted Interventions

- Small group interventions tailored to the student’s needs
  - Internalizing problems
  - Externalizing behaviors
  - Executive Functioning problems
  - Learning disabilities
- Targeted classroom interventions
  - Skills building based on the needs of the student
  - Prompting

### Tier 3: Intensive Interventions

- Appropriate for students with high level needs
  - Aggressive behavior
  - School refusal
  - More intense internalizing problems
  - ADHD
  - PTSD
- Implemented by School Psych or other mental health provider/one on one support
- Pull out services individually tailored to presenting concern
- Intensive mindfulness-based psychoeducation and interventions
- Experiential practice, roleplays, and feedback
- Research-based curriculums:
  - Soles of the Feet
  - Acceptance and Commitment Therapy (ACT)

### Mindful Activities

- Breathing exercises
- Body scan
- Guided meditations
- Exploration of senses
- Thought bubbles
- Freeze and feel
- Memory activities
- Mindful walks