



TEACHER SPOTLIGHT

Dana Murphy, 2nd Grade Teacher

Dana teaches 2nd grade at William R. Dutemple Elementary School in Cranston. This is her third year collaborating with ResilientKids and she can say with full confidence that it has positively impacted her and her students. “ResilientKids has improved my classroom community. As my students start to learn about mindfulness, I notice that they have a more positive approach to the academic challenges that they face throughout the school day. They use their self-talk to remind themselves that they are capable.” It is not uncommon for Dana to hear students saying, “I can do this!” or “I am smart!” before taking a test or completing an assignment. If a student is feeling overwhelmed, they will take a moment and “find their anchor” as they breathe in and out in order to get themselves back on track.

Dana reinforces the skills and strategies that her students are learning from ResilientKids. They use their class glitter jars, breathing cards, and other visual reminders to practice throughout the week. “This year Miss Shannon has been helping my students create their own little tool boxes of mindfulness resources.” Dana feels that mindfulness allows her students to build their emotional intelligence which enables them to understand themselves and their peers, which benefits everyone.



“I see first-hand that students today have so much more to worry about than when I was child. ResilientKids teaches them specific skills in order for them to best utilize their time in school, despite any outside challenges they may be facing. They are teaching me and my students to be resilient!”

