



TEACHER SPOTLIGHT

Shannon Scanlon, 1st Grade Teacher

Shannon has been teaching for 20 years and has had the privilege of collaborating with ResilientKids for the past five years. When Stadium was chosen to start the ResilientKids program, Shannon didn't really know what to expect but she knew that social emotional learning was important for her students. The integration of the ResilientKids curriculum has greatly improved the overall community feeling in Shannon's classroom and she has seen improved attentiveness and overall social well-being not only for her students but for herself as well. In addition to the weekly scheduled mindfulness time with their ResilientKids instructor, Shannon reinforces and incorporates these practices into morning meeting, during transitions, before stressful tasks, and before dismissal at the end of the day.

"It brings tears to my eyes to see how the children rely and turn to their resilient techniques to help each other get through tricky times."

Shannon has heard her students share stories about using the breathing techniques outside of the school day. "The compassion that I have witnessed as a result of this program is breathtaking."

Shannon believes that all children can benefit from mindfulness practices and ResilientKids is helping to positively impact these children's lives today and for the rest of their life. "I will forever be thankful."



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Allison Merrill, 1st Grade Teacher

Allison has been teaching 1st grade at Paul Cuffee Charter School for seven years and has had the opportunity to collaborate with ResilientKids for the past three years. "We have learned to stop and take breaths, name our feelings, and use a number of different strategies to help us work through our big emotions."

This year, Allison has also incorporated a calming corner into her classroom space, and her ResilientKids instructor, Miss Shannon, has helped the class add resources that can be used by the students when they are in the calming corner. "My students also have their own individual tool boxes with fidget and sensory supplies. Miss Shannon has also assisted by adding some mindfulness materials to their tool boxes. This has truly been a game changer."

"This year I have a class that really struggles with big emotions, and in the beginning of the year, they did not have the strategies to manage these big feelings. Building their toolboxes and learning new mindfulness strategies has allowed them to now use tools to name and process these big feelings and emotions. I enjoy seeing my students use their tools to anchor their breath and calm their bodies so they are ready to learn. Students often stop, think, and take a breath, instead of reacting to a small problem in a big or unsafe way."

"Our school is seeing the value in having a Social-emotional Curriculum. We've realized that in order to achieve academic learning, students need to be emotionally regulated and ready to learn. Mindfulness has also helped me personally. I struggle with anxiety, and I have learned to anchor myself and control my breathing to help combat my anxiety. I was even able to use my breathing techniques to help control my heart rate and blood pressure before going under anesthesia, which I was nervous about."



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Ana Santos, 2nd Grade Teacher



Total disclosure, I didn't really buy into Resilient Kids until this wonderful woman named Miss Shannon waltzed into my second-grade class a few years ago much like Mary Poppins and made me a true believer! Shannon connects with the students in such a kind, yet consistent, manner that they listen and contemplate the message she is trying to get them to understand. Children throughout our school can actually verbalize that if they get angry they use their breathing techniques, find their anchor and are able to calm themselves down. For example, a first grader, who had a very difficult time following the rules at the beginning of the year will now breathe, at home and school, to get through being anxious and upset. ResilientKids has given the students the vocabulary needed to explain what they are going through, how they are feeling and the affirmation that it is okay to have these feelings. I also see my students learning to be empathetic and more understanding of how others are feeling.

I have two young adult daughters and at the onset of the pandemic one of them was on the verge of completing college. She is normally very easy going but suddenly she was extremely anxious about distance learning and having a hard time having to leave college with no fanfare, no goodbyes and just everything being at a standstill. This anxiety got worse over the next few years, resulting in full blown panic attacks. I cannot tell you how many times I would rely on the strategies I had learned from ResilientKids in order to help her calm down and relax. Though her life is getting back to normal, she still uses the breathing techniques that she learned. As a mother, seeing my daughter going through this, I was constantly finding "my anchor" to get through this challenging time in our lives.

So, as you can see, the pessimist became a follower and true believer! ResilientKids not only helps the students but the teachers as well and I am living proof of that.



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Jennifer Gomes, Kindergarten Teacher



"Resilient Kids has helped me become a better educator by reminding me of the impact of educating the child as a whole. The strategies are easy to carry out, fit into a wide range of educational contexts, and are enjoyable for both students and teachers." Paul Cuffee Lower School has been collaborating with ResilientKids for the last four years and the school has seen growth and improvement in their students social and emotional needs. "It has been a pleasure to partner with ResilientKids."

"Students are readily available for learning because they have acquired the skills to self-regulate, express feelings, and focus on the task at hand." Over the last four years, ResilientKids has shared many new techniques and a number of great resources that Jennifer has been able to incorporate into her daily teaching. "These tools do not live in isolation during Ms. Shannon's visits. They are sprinkled throughout the entire day in my kindergarten classroom."

"For me personally, sitting with my students and partaking in mindful moments reminds me of the importance of self-care. If I am not exuding calmness, my students feel this. Being able to be vulnerable with my students has helped to create a positive classroom community where we share feelings and work together to help each other feel safe."

"Our students need to build their social-emotional toolbox now more than ever. Thanks ResilientKids for helping us do this!"



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!"