The background is a vibrant, abstract composition. It features large, overlapping shapes in teal and red against a black base. The teal shapes include a large brushstroke at the top, a large blob at the bottom left, and a circular shape at the bottom right. The red shapes include a vertical strip on the left with a pattern of teal dots, and a diagonal strip on the right with a pattern of teal dots. There are also several thin, diagonal red lines and brushstrokes scattered throughout the composition.

Promoting Children's Resilience through Mindfulness & SEL Practices

about me

Teaching mindfulness, movement, and mindful movement

Centering reflection and relationships in
educational programming and organizational development

Ph.D. in Educational Psychology

Currently building community engagement unit of a research center at UGA
Georgia Center for Developmental Science

fun - friends, books, fiber arts, bicycling and my 3 kids, ages 6,8,& 10

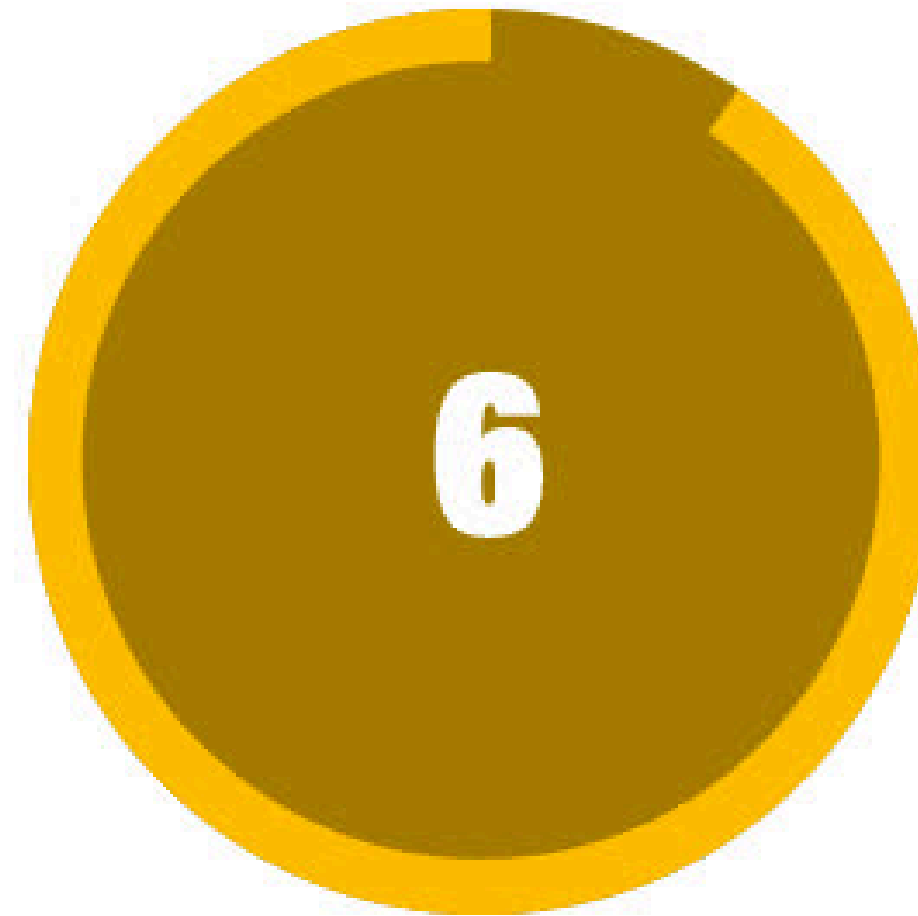
about you!

Welcome!

But first...

let's stop before
we start and

PRACTICE!



Hold it...

Resilience

adaptation to challenges

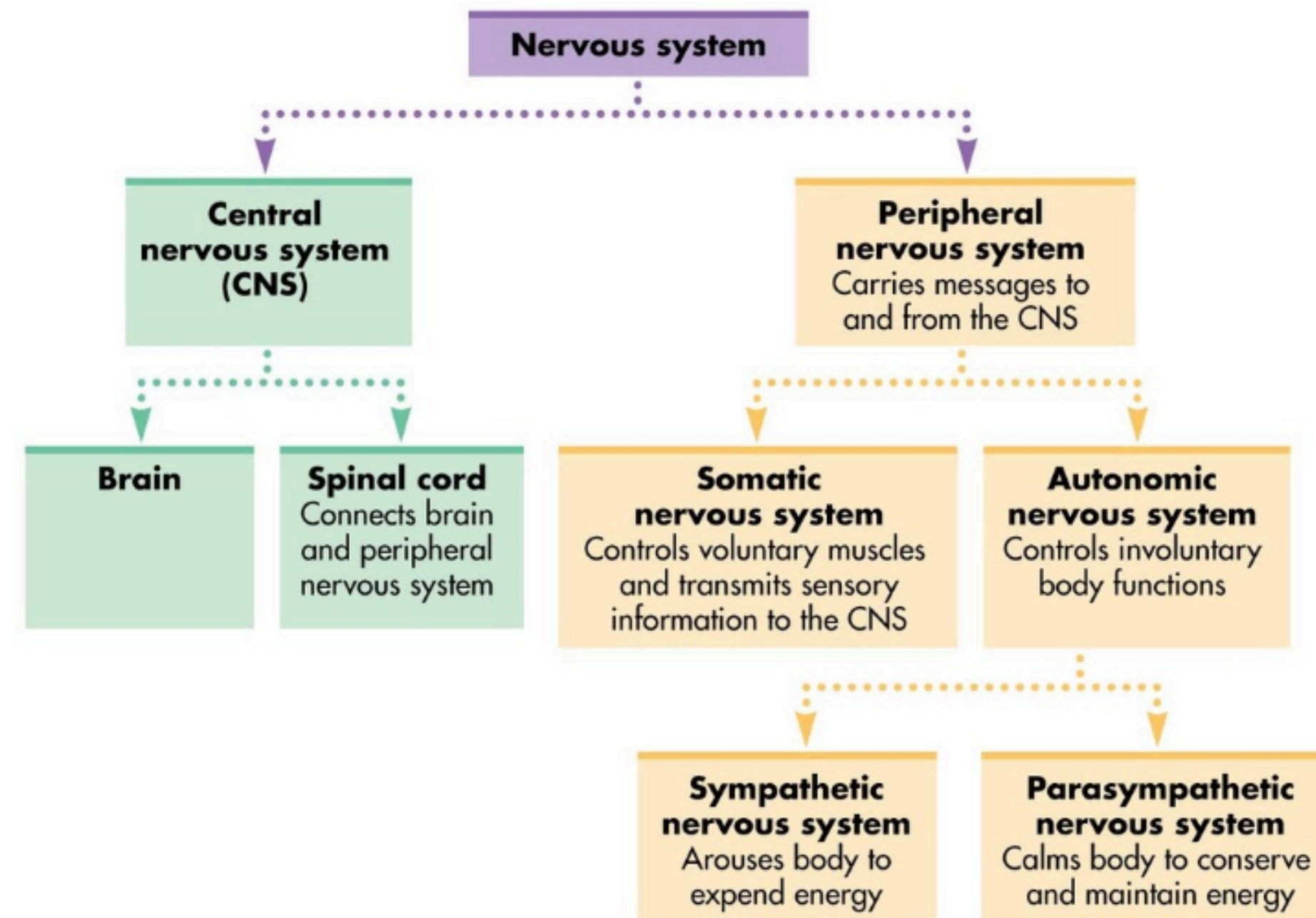
“Resilience can be learned through
experience” (-Siegel)

Mindfulness

“A particular way of paying attention: on purpose, in the present moment, without judgement” (Kabat-Zinn)

“Attention and care focused on oneself...intrapersonal attunement” (Siegel)

Mindfulness - breath



Mindfulness – body

body-neutral, trauma-informed approach to physical safety

Mindfulness - mind

describing / labeling skill

approach vs. withdrawal

Interactive wheel of emotions



BODY

comfort, symmetry

BREATH

easy, nasal

MIND

present-focused,
curious

FORMAL VS. INFORMAL PRACTICE



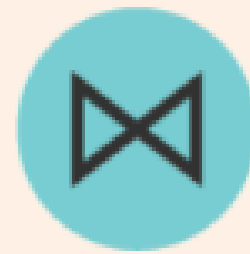
Practitioner --> Parent --> Child





Attention & Learning Skills

- Attention & focus²⁰
- Cognitive development²¹



Social & Emotional Skills

- Behavior in school²²
- Empathy & perspective taking²³
- Social-skills²⁴



Resilience

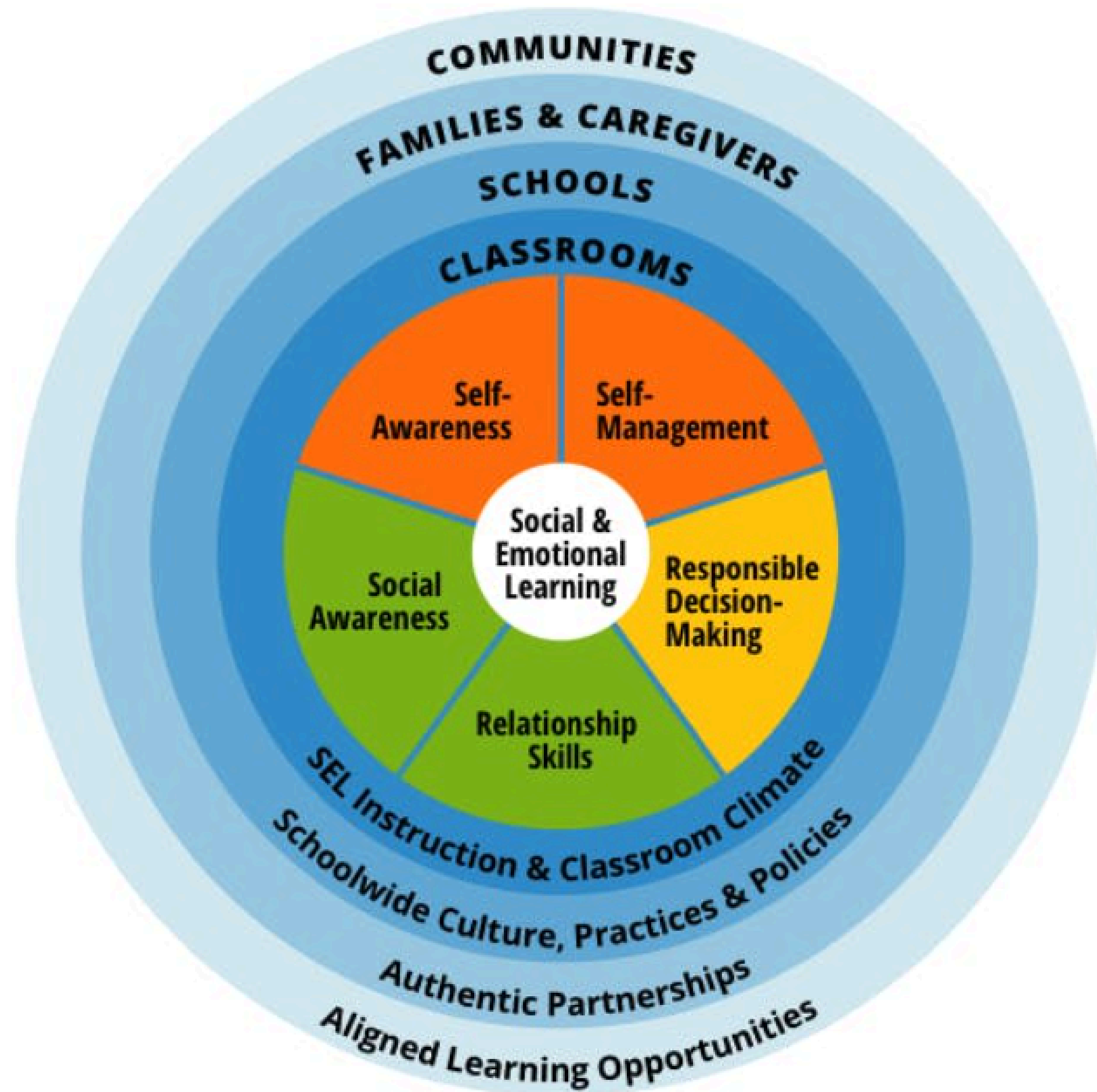
- Emotional regulation²⁵
- Reduced anxiety²⁶ & stress²⁷
- Post-traumatic symptoms²⁸
- Depression²⁹

beware!

Mindfulness without ethics or action can
be exploitative and overemphasize the
individual's responsibility

Mindfulness vs. SEL

“SEL uses an outside-in approach with a focus on building skills; Mindfulness works from the inside-out, building on everyone’s innate capacities for relationship building, such as empathy and kindness”
(Lantieri & Zakrezewski, 2015).





Contact

Keep in touch!

Dr. Sarah K. Whitaker

Georgia Center for Developmental
Science

EMAIL

skw@uga.edu

OFFICE

Rivers Crossing lower level

PHONE/TEXT

706-352-9076

WEB

www.GADevelopmentalScience.com