Introducing L.A.U.G.H. Time @ Madrona Elementary

L.A.U.G.H.: Let Art Unleash Great Happiness

The L.A.U.G.H. app is an art-based mindfulness app that students will be using twice a week throughout the school year.

During L.A.U.G.H time, students will practice mindful breathing, create works of art, and answer questions about learning and school.

Students will create drawings that will be transformed into digital art that will "come alive" on TV screens in the classroom and in the cafeteria.

L.A.U.G.H + RULER = stronger learning community

Benefits of L.A.U.G.H

- reduced stress
- more focused attention
- increased joy in learning
- increased connection to school and peers

This project is a partnership with:

The Catherine Mayer Foundation
University of Washington School of Education


For questions about the project: Contact Dr. Janine Jones at jjones2@uw.edu
For questions about the L.A.U.G.H. app, contact: Catherine Mayer at catherine@catherinemayer.com