



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



W COLLEGE OF EDUCATION
UNIVERSITY of WASHINGTON

See the L.A.U.G.H.® app featured on KING5 News: <http://KNG5.TV/2UQGPRR> and KOMO News: <http://BIT.LY/2OMJG36>

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For questions about the L.A.U.G.H. app, contact: Catherine Mayer at catherine@catherinemayer.com