

# AWARENESS THROUGH ART

**What:** Incorporating art in Mindfulness lessons. Mindfulness is being aware of what is happening inside of us and around us in this moment and paying attention with kindness and curiosity. Creative expression and art exploration is a fun and insightful way for students to learn about themselves, others and their environment.

**Why:** Data from Mindfulness lessons with Napa Valley Unified School District (NVUSD) students reveals that learning and practicing Mindfulness helps students at school and at home. Benefits reported by students include being happier at school, focusing better, making better decisions and improving in their school work, sports and music. The inspiration for intentionally using art during Mindfulness lessons came from participation in Napa Arts Learning Initiative trainings: Arts Integration Training for Mental Health Professionals and the Art training for teachers at Donaldson Way Elementary School (DWES).

**Where/When:** Donaldson Way Elementary School during the 2019-2020 school year

**Who:** 128 students in the four 4th grade DWES classrooms. Teachers are invited to participate and learn how to incorporate lessons into their curriculum. Lessons will be taught by Danielle Swafford, NVUSD School Social Worker, who is a graduate of Mindful Schools Mindful Teacher Certification Program and the above mentioned art trainings. She was also the Arts Attack instructor for Browns Valley Elementary, grades K-5th for 5 years. This is her 6th year teaching Mindfulness to NVUSD students in classroom, individual and group settings.

**How:** 8 Lessons will be taught during weekly classroom visits. Journaling will follow each lesson.

- 1) Mindful Listening: Music
- 2) Mindfulness of Emotions: Drama/Performing arts
- 3) Mindful Body Awareness: Dance/movement
- 4) Gratitude: Poetry
- 5) Mindful Seeing: Perspective/Drawing
- 6) Generosity: Drawing/Written Expression
- 7) Kind and Caring in the Classroom: Art as inspiration/Writing/drawing
- 8) Mindful Breathing: Craft project

### **List of supplies**

- 1) Journals (All)
- 2) Gel Pens (class set)
- 3) Todd Parr Feeling Flashcards
- 4) Singing bowls (4- one for each classroom)
- 5) Small musical instrument (1 set)
- 6) Note cards 1- blank, 2- art on front (All)
- 7) Oil Pastels (class set)
- 8) Construction Paper
- 9) Small water bottles
- 10) Glitter (fine, multi shaped)
- 11) Clear glue
- 12) Sparkly duct tape
- 13) Small funnels
- 14) Kindness Deck

**Requested Funds for Materials: \$650.00**

(If less funds are available, lessons and materials can be modified)

Thank you for offering ways to incorporate art in schools and the opportunity to apply for the grant.

Danielle Swafford, MSW, PPSC

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Sites: Donaldson Way Elementary School, Irene Snow Elementary School, Canyon Oaks Elementary School and Valley Oak High School.