I Can Succeed Launches New Program for First and Second – Grade Students

The LD & ADHD Unit has launched a new adaptation of its I Can Succeed program for first- and second-grade students. The launch follows a request by the Herzliya municipality’s education department for a version of the ICS program suitable for younger children, from the beginning of first grade, which follows the program’s success in 22 middle schools over the past five years and in 14 elementary schools over the past two years.

ICS is a program delivered by teachers to students with learning disabilities or attention deficit hyperactivity disorders in regular education, and aims to enhance students’ functional skills, such as planning, self-regulation, effective communication with others, learning strategies, and more. The teachers conducting the program are trained to pay special attention to LD and ADHD students.

To adapt the program to younger children, the team brainstormed with a group of teachers and adopted cutting-edge developments in neurodevelopmental and educational psychology. More than 2,000 first- and second-grade students in 14 schools, under the guidance of 50 teachers, are participating in the program. Parents receive monthly letters describing what their children have learned in ICS lessons, and how they can help them practice these skills at home.

A Mindful Summer at the MUDA Institute

The MUDA Institute for Mindfulness, Science and Society completed its first mindfulness instructors training seminar over the summer, which prepared participants to implement mindfulness-based programs in Israeli schools. Demand is growing for mindfulness programs in Israeli schools, and the MUDA Institute has already held such programs in four schools, including one Israeli-Arab school. The MUDA Institute has also developed a novel pre-training program called “Mindfulness in Depth” for those who wish to become mindfulness teachers but lack the required knowledge.

Dr. Nava Levit-Binnun, the founder and co-director of the MUDA Institute, visited Prof. Richard Davidson, founder of the Center for Healthy Minds at the University of Wisconsin-Madison, where they established a joint collaboration program to assist in increasing well-being using mindfulness-based tools. As part of the MUDA Institute’s vision to create bridges between science and mindfulness and promote well-being in Israeli society, the institute has invested greatly in developing science-based programs aimed at teaching children and adults the skill of mindful awareness.

Harnessing Neuroscience for the Benefit of Education

Dr. Noa Albelda, head of Neuroeducation at the Sagol Center for Brain and Mind, was invited to be the keynote speaker in an online convention organized by the Israeli Education Ministry. In her talk, titled “The Feeling and Attentive Brain,” she discussed developmental milestones in the brains of children and adolescents, the way teachers can harness brain plasticity to enhance cognitive and emotional positive changes in their pupils and the impact that attentive and sensitive teachers can have on a child’s brain development and well-being. The lecture was broadcast from the Center for Educational Technology studios in Tel Aviv to hundreds of educators. One of the Sagol Center’s most important missions is to use current knowledge from neuroscience to promote psychological, emotional, mental and physical well-being, and the center invests special efforts in reaching out to Israeli educators and schools.