

Bringing *Mindfulness and Compassion* to Early Childhood Professionals: CHIME



Hello!

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Extension Educators

Goals for today



- Learn about mindfulness and benefits of practicing mindfulness more generally
- **Learn about the CHIME program**
- Share some promising findings
- **Provide information for bringing CHIME to your program or becoming a CHIME facilitator**

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When were you **mindful** this week?

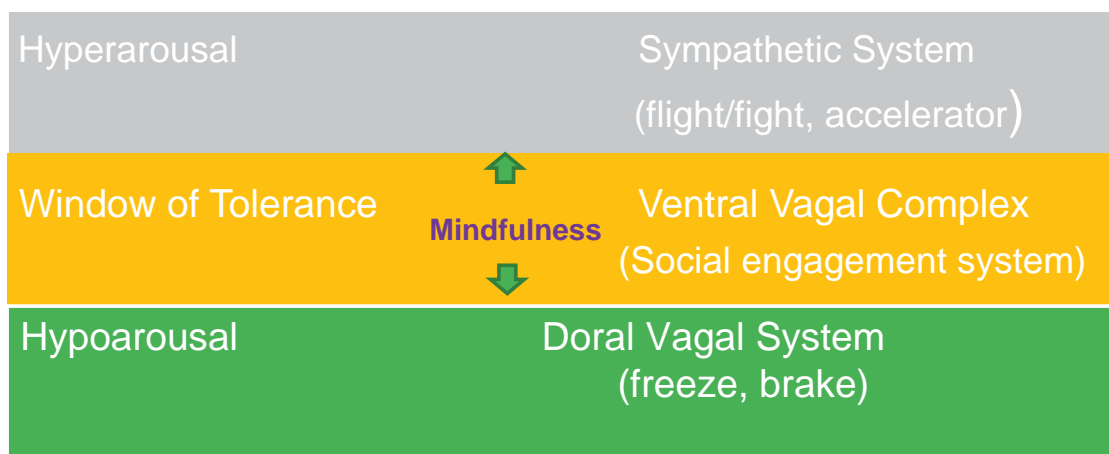


"Mindfulness **is the practice** of paying attention here and now, with **kindness and curiosity**, so that we can **change** our behavior." – Dr. Amy Saltzman

"Mindfulness means **paying attention** in a particular way; **on purpose**, in the **present moment**, and **non-judgmentally**" - Jon Kabat-Zinn

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Mindfulness and reflection can be a **helpful resource** for us to be more aware, present, and connected



Window of Tolerance



*By fostering selfawareness, life skills, mental health, and human connection through **mindfulness practice** , we can relate more peacefully to ourselves, to our fellow humans, and to the world we live in."– PAULA RAMIREZ*

Learning Mindfulness



These practices and skills are modifiable (they can be learned)



These are practices and skills that can be taught



These are practices and skills that are showing promising evidence in promoting well-being and workplace engagement



Important to tailor MBIs to fit the needs of the population and outcomes of interests (Keng et al., 2011)

Why mindfulness for early childhood educators?

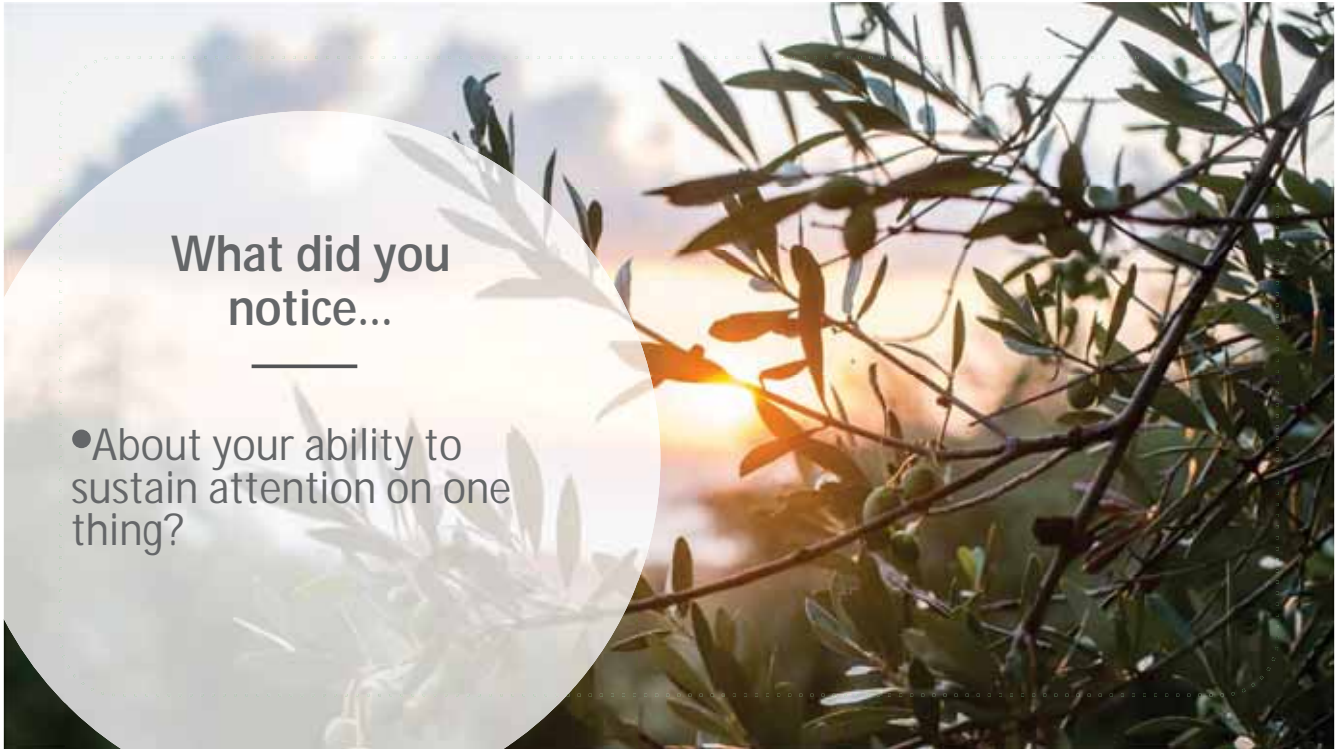
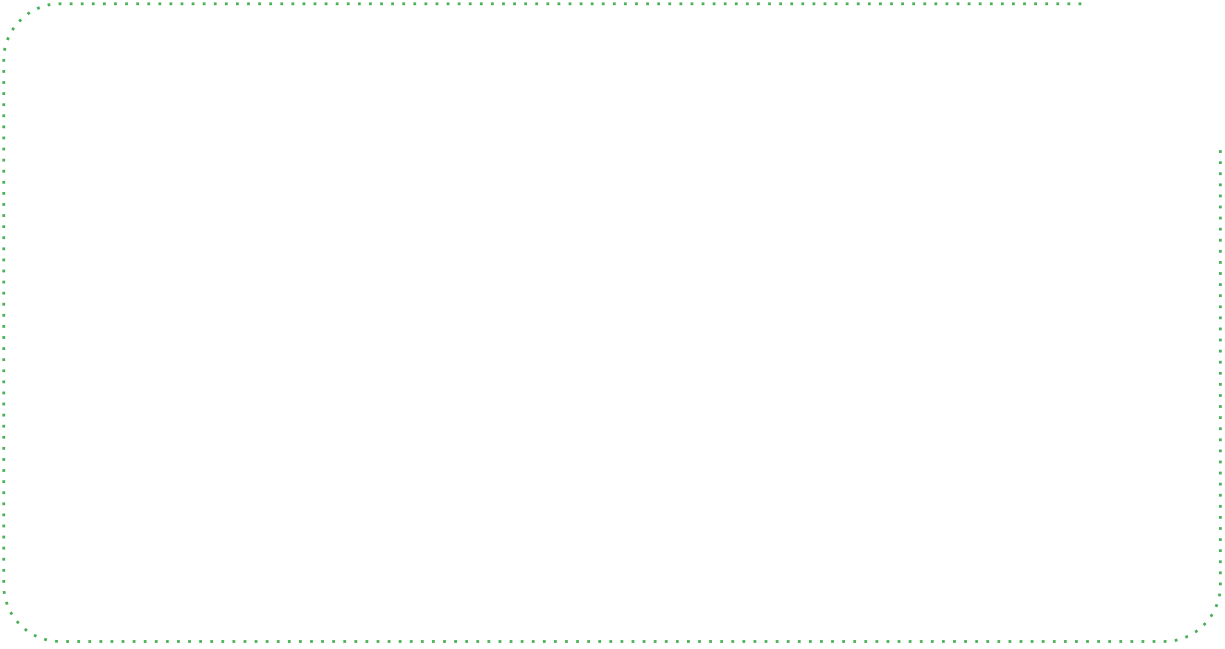


- Enhanced employee well-being, such as reduce stress and decreased emotional reactivity
- Improved psychological safety – sharing ideas and concerns, “benefit of the doubt”
- Improved relationships between co-workers
- Enhanced leadership capacities
- Increased workplace engagement
- Improved workplace climate

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Let's Practice!



What did you notice...

- About your ability to sustain attention on one thing?

What is the CHIME program?



CHIME Program

- Integrated mindfulness, reflection -based program
- **8 weeks in duration**
- Small groups with training facilitator
- **Includes weekly journaling**
- Activities do with young children
- **Family tipsheets**



CHIME supports early childhood professionals' health and well-being, and gives them strategies to promote mindfulness with the children in their care.

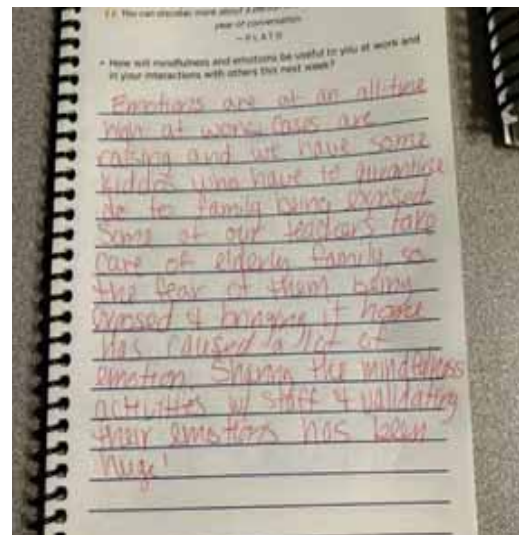
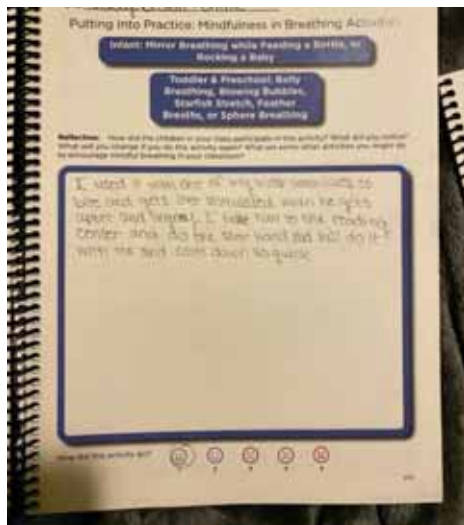


5 SEL Competencies:

- Self-Awareness
- Self-Management
- Responsible Decision-Making
- Relationship Skills
- Social Awareness

CHIME Sessions:

- Session 1:** Introduction to CHIME
- Session 2:** Mindfulness in Breathing & Mindful Movement
- Session 3:** Mindfulness in Listening
- Session 4:** Mindfulness & Emotions
- Session 5:** Mindfulness in Speech
- Session 6:** Mindfulness & Gratitude
- Session 7:** Mindfulness & Compassion
- Session 8:** Setting Intentions



Participant Reflections

Mindfulness Activities with Children

- Calming Bottle – Adapted activity with children

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CHIME
ENHANCING HEALTHY OPPORTUNITIES
MINDFUL EDUCATORS

**SESSION 3:
Mindfulness
in Listening**

What are the benefits for children?
Developing SEL skills early in life has many benefits. Research studies have found students with competence in SEL-focused competencies show:
 • Improved classroom behavior
 • Increased ability to manage stress and depression
 • Better interpersonal functioning, empathy, and emotion

How are parents involved?
You will receive a CHIME Family Tip Sheet with information about the mindful practices of the week. These resources include simple activities to try at home to support your child's SEL, along with a list of practice goals to help your child understand and practice these skills and emotional skills in the developmentally appropriate ways.

TRY THIS AT HOME

Practice mindful listening with "Square Breathing." Draw the rectangle along the lines to practice extending your breathing.

Square Breathing

Start at the bottom-right of the square, and follow the arrows around the square again for complete one cycle breath.

Extension

Research
If you have questions, contact Dr. Kelly Brown-Green and get support at info@chimeproject.org.
 For details on research on this activity, visit www.chimeproject.org/research.
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When you join in or out of control behavior, you're no longer guiding the ship, as kids respond to their parents' emotional state.
 —John DeLoatch, Head of Curriculum at Chime



Family tipsheets

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Benefits



Reduced stress and biases



Reduced emotional reactivity



Improved attention and concentration



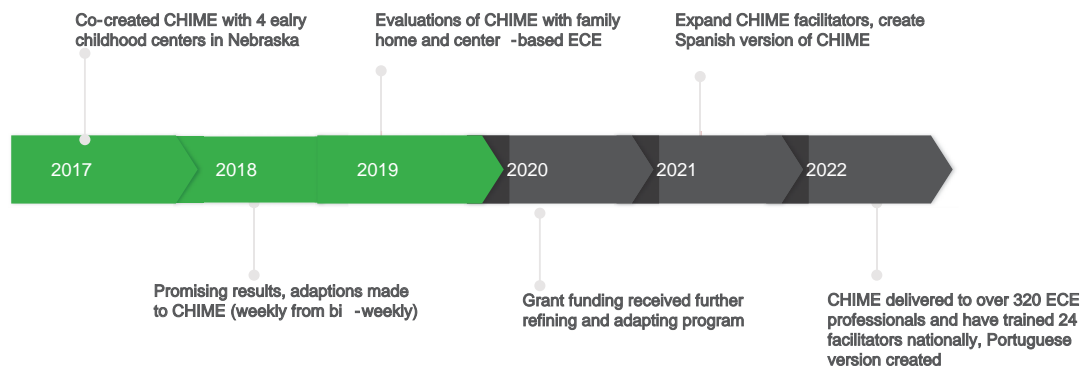
Increased compassion for oneself and others



Improved relationships with children and families

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CHIME's Implementation Journey



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CHIME Facilitators



BACKGROUND
AND
EXPERIENCE



HAVE
EXPERIENCE
COACHING
AND/OR
PROVIDING
REFLECTIVE
CONSULTATION



WORK IN EARLY
CARE AND
EDUCATION
SETTINGS



MASTER'S
DEGREE IN
CHILD
DEVELOPMENT,
TEACHING, OR
RELATED FIELD
(TYPICALLY) OR
RELATED
EXPERIENCE



3-DAY TRAINING
TO LEARN THE
CHIME
CONTENT AND
PRACTICE
TEACHING



TEACH ONE 8-
WEEK CHIME
GROUP WITH
RECORDED
TEACHINGS
AND COACHING
FEEDBACK.



Promising Findings



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Early childhood educators trained in CHIME

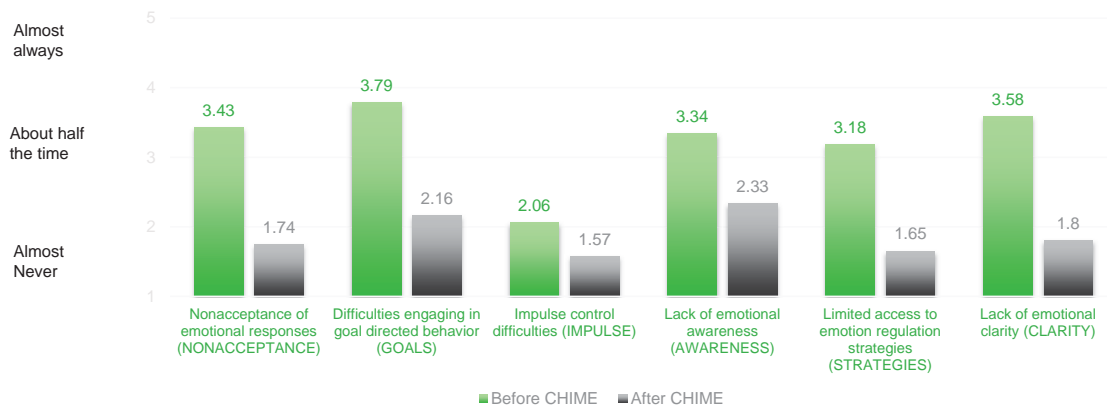
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Early childhood professionals participated in the CHIME facilitator training

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States in the U.S. delivering CHIME

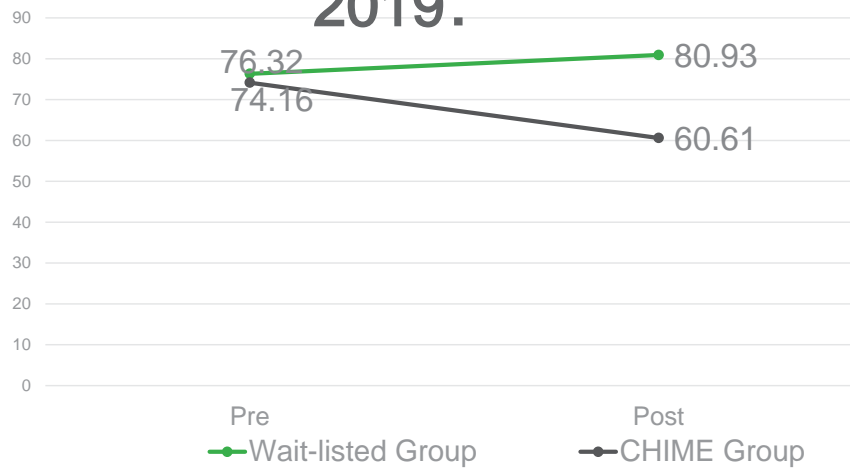
2019-2020 – 61 ECE Teachers



Wait-listed comparison group in



2019:



CHIME Delivered During the Pandemic:

Acceptability of the CHIME program delivered 2020 -2021 (n=56)



- **93% Agreed** that CHIME was a beneficial PD experience
- **97% Agree** they would recommend it to other educators
- **94% Agreed** they liked the activities
- **96% Agreed** it was an acceptable PD experience
- **93% Agreed** participating in CHIME supported their emotional well-being

Spanish participants in December 2021 (n=17)



- **100%** indicated they would continue using mindfulness for themselves and with children
- **100%** said **yes** participating in CHIME and learning about mindfulness **positively impacted their personal lives**
- **98%** said **yes**, participating in CHIME helped their students

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“

CHIME helped me prioritize in-the-moment mindfulness strategies in and out of the classroom, improved mindful communication with loved ones, colleagues, and students, helped me reconnect with my love for working with young children —

Teacher Participating in the Spanish CHIME program



In the words of participants

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How to get involved...

Involved as a **participant** of CHIME



- In Nebraska, CHIME groups are facilitated by **Nebraska Extension Educators**
- Currently have grant funding to support participation in the CHIME program
- **16 DHHS approved in - service hours**



<https://child.unl.edu/chime>

Become a **CHIME** facilitator





Resources, begin with
mindfulness today...

Download the Zero to Three Mindfulness Toolkit

A wonderful resource of ideas and
practices

GETTING STARTED WITH MINDFULNESS:
A TOOLKIT FOR EARLY
CHILDHOOD ORGANIZATIONS



Authors: Maria Gallo, Lucienne Beckwith



ZERO to THREE



Breath Star

Shape Breathing



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Thank you!

Connect with us

Please reach out if interested in learning more,

chime@unl.edu

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