



## PEF Grants 2023-2024

**Application Date** *(Required)*

September 30, 2023

**School Name** *(Required)*

The Welch School

**Applicant's Name** *(Required)*

Amanda Lockerbie

**Principal's Name** *(Required)*

M. Massa

**Applicant's Email** *(Required)*

lockerbiea@peabody.k12.ma.us

**Principal's Email** *(Required)*

mmassa@peabody.k12.ma.us

**Applicant's Phone** *(Required)*

978-536-5775 x5787

**Grant proposals should be aligned with school and district goals. Have you shared your application with your principal AND are they in support of your proposal?** *(Required)*

- Yes  
 No  
 I don't know

**Title of Proposed Program:** *(Required)*

Mindfulness in the Classroom

**Program Focus (please check one):** *(Required)*

- Class  
 Grade  
 School/Dept

**Type of Program (please check one):** *(Required)*

- Creative Learning (academic based)  
 Hope/Sense of Belonging (mental wellness)

**Target population: Grade(s)** *(Required)*

Grades Pre K through Grades 3

**Number of students** *(Required)*

231

**Proposed start date** *(Required)*

January 2024

**Total amount requested** *(Required)*

\$1,368.01

**Vendor's Name** *(Required)*

Dr. Christopher Willard and Amazon

**Vendor's email address** *(Required)*

chris@drchristopherwillard.com

**Vendor's mailing address** *(Required)*

16 Mica Lane

Street Address

Suite 101

Address Line 2

Wellesley

Massachusetts

City

State

02481

ZIP Code

**Vendor's phone number** *(Required)*

617-383-9355

**Vendor's Taxpayer ID#** *(Required)*

00-000000

**Description of proposed program** *(Required)*

The Welch Elementary School will host Dr. Christopher Willard for an author talk and read aloud from his book, Breathing Makes it Better, about the power of breath and mindfulness practices when dealing with new and difficult emotions. All classrooms and staff will receive two copies of Dr. Willard's books, Breathing Makes it Better and Alphabreaths, so that teachers and staff can use these books as simple guided practice with their students, to teach them how to apply mindfulness techniques when they need them most.

**Objectives and Benefits of Proposed Program** *(Required)*

At each developmental stage, mindfulness can be a useful tool for decreasing anxiety and promoting happiness. Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. So often we tell our students to pay attention or focus but we never directly teach our students how to pay attention. Mindfulness can teach students to pay attention to the present moment and allow them to be more fully engaged. It is a simple technique except on that takes modeling and daily practice. So many of our students come to school wearing an invisible backpack and we know the long-term effects of trauma on the brain. However, because of neuroplasticity, instilling regular mindful practices in our young students can have a positive impact on the development of skills including self-regulation, focus and cognitive control (all of which are controlled in the prefrontal cortex). This is a tool we can give students to promote their mental wellness.

## ITEMIZED BUDGET

Please list all costs associated with this grant proposal:

**Supplies/materials:**

Supplies/Material

Cost

Breathing Makes it Better Books

\$11.49 per copy x 18 copies = \$203.04

⊕ ⊖

Alphabreaths Books

\$12.69 per copy x 13 copies = \$164.97

⊕ ⊖

**Purchased Services (consultants, speakers):**

Purchased Services (consultants, speakers)

Cost

Dr. Christopher Willard

\$1000

⊕

**Other Costs (including shipping and handling):**

Other Costs (including shipping and handling)

Cost

⊕

**Total Request:**

\$1,368.01

**Supplemental Information**

Drop files here or

Select files

Max. file size: 50 MB.

If you have any additional information you would like to upload with this application, please use the file upload box above.

Submit