



# Presenting Mindfulness to the Broward County Public Schools Community

## Guidelines and Norms

**Purpose:** *To present mainstream, research-based, mindfulness practices to help cultivate awareness, develop compassionate connections with yourself and others, lower stress, increase resiliency, and support life skills and wellness.*

- Maintain a research-based and scientific focus on mindfulness.
- Understanding and respecting other viewpoints and backgrounds of all belief systems, without mention of spirit or religious language.
- Respect all participants, wherever they are on the journey.
- Offer examples that include paying attention to the breath, emotions, sensations within the body, and one's direct experience to support yourself and others.
- Use neutral and science-based images while avoiding images that relate to spirit or religion, such as images of the Buddha, mudras, prayer, chakras, or other religious images.
- Use neutral, research-based, and scientific language. For example, use "mindfulness" or "mindfulness practice" instead of "meditation," and use "mindful movement" or "gentle stretching" rather than "yoga". Also, avoid language such as "namaste," "chakras," or other Sanskrit terms.
- Ensure that participation is invitational and trauma-sensitive. The facilitator is encouraged to observe participants (keeping eyes open) and adjust the practice if necessary. An example of an invitational option is, "If you choose not to participate, please do not distract others so they can focus."
- Encourage participants to practice self-care. They may skip an activity or change the directions if needed. Expect that difficulties and challenges may arise. Be aware of possible limitations of movement, accessibility, and trauma experiences.
- Remind participants that there is no right or wrong experience. Model self-awareness, self-acceptance, and the acceptance of others the best you can. For example, it is okay to feel pleasant, unpleasant, neutral, or no experience when participating.
- Share that practicing and repeating a mindfulness activity can help build skills of paying attention to the present moment.
- Support and guidance are available. Feel free to reach out to discuss.

### For more information contact:

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