

Mindfulness Matters

Josi Johnson

NPS Building: **Montessori Elementary School,
Jefferson Elementary School**

Amount Requested: **\$472**

Evaluation/Measureable Result: How will I know if they learned it? Students will learn to stay on task and be more engaged in their learning while eventually learning to self monitor without the device.

How will I respond if they don't learn it? Other strategies will be put into place to support the learning of the self-monitoring skills that the student is lacking.

How will I respond if they already know it? Students who are already effective in self-monitoring, will not need this tool.

How will you share the information with others? I will communicate with teachers and students to determine the effectiveness of the device in improving their classroom skills and will collect data to support the use of the reminder system. I will provide a staff training and student/parent training for the device. I will also share this information with other school counselors in the district.

Itemized Budget: Quantity - 8 @ \$69.00 each = \$472

Project Summary: Watchminder is a vibrating watch and reminder system that will help students begin to self-monitor throughout their school day. These watches are worn by students who may need a subtle vibrating nudge to cue themselves to focus their attention and stay on task. Students who lack executive functioning skills, often cannot manage their time and/or behaviors effectively and this would be an effective tool to help them learn to self-monitor and be more mindful in the use of their time.

<https://www.watchminder.com>

Timetable and Plan: August of 2018 would be the beginning of the implementation of this project. There are already a list of students that I can see benefiting from the use of these devices. This could help them start out the new school year having the tools that they need to be successful.