

Educarme is an online, ready-to-use, bilingual (English & French) daily co-regulation program for K-12 students and their teachers. The Educarme program guides students and teachers through a daily mindfulness practice that builds coping strategies, self-regulation, growth mindset, emotional intelligence, compassion, focus, and more. This program improves student and teacher wellbeing by creating a trauma-informed classroom environment that fosters positive behaviour and academic achievement (Health in Common, 2020).

Mindfulness is the practice of intentionally focusing on one thing at a time. Practicing mindfulness gives students and teachers coping strategies for stressful experiences and emotions, and has been shown to create significant improvements in mood (Dariotis et al. 2016) (Bluth et al. 2016). Studies show that practicing mindfulness can reduce symptoms of stress, anxiety, and depression in teachers (Harris, A.R. et al. 2016) and in children (Black, D.S 2016).

Practicing mindfulness helps children to increase attention and self-regulatory skills (Poehlmann-Tynan et al. 2016) and appears to improve student academic engagement (Singh et al. 2016) and achievement (Bakosh et al. 2016). More mindfulness was shown to correlate with better academic performance, fewer suspensions from school, and less stress in middle school students according to two MIT research studies (Caballero et al. 2019) (Bauer et al. 2019).

Practicing mindfulness daily can support teacher and student wellbeing and functioning (Harris et al. 2016). Furthermore, teachers that follow a mindfulness program report more adaptive strategies for coping with job stress (Taylor, et al., 2016).

A third-party evaluation of Educarme demonstrated that this program improves self-regulation, focus, resilience, classroom management, and more. Qualitative, quantitative, and narrative data collected from Educarme users demonstrates that this program creates the outcomes observed in the peer-reviewed studies cited above (Health in Common, 2020).

Research shows that well-implemented, evidence-based social-emotional learning (SEL) programs are the most effective way to support young people's success and wellbeing (Collaborative for Academic, Social, and Emotional Learning, 2022). Educarme addresses all five of the SEL core competence areas outlined in the Collaborative for Academic, Social, and Emotional Learning (CASEL) framework: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making (Collaborative for Academic, Social, and Emotional Learning (CASEL), 2022).

Each unit in the Educarme program is influenced by current research and best practices in education, neuroscience, and psychology. See the next page for a short list of literature that influenced the development of the Educarme curriculum.

The intention of Educarme is to improve the wellbeing and the teaching and learning environment for students, teachers, and school communities by providing ready-to-use social-emotional learning, mindfulness, and co-regulation exercises. Teachers do not need training to use the program. They learn alongside their students by pressing play on the daily lessons. They also have the option to use the printable, ready-to-use, additional learning resources to connect the learning outcomes of the Educarme lessons to their regular teaching curriculum.

To read the the third-party evaluation of Educarme, [follow this link](#).



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Some of the Literature That has Influenced the Educcalme Curriculum

The Whole Brain Child Daniel J. Siegel, Tina Payne Bryson	Teaching Mindfulness Skills to Kids and Teens Christopher Willard, Amy Saltzman	The Power of Now Eckhart Tolle	You are the Placebo Dr. Joe Dispenza
Mindset Carol Dweck	How Your Brain Works New Scientist	Getting Grit Carolina Adams Miller	Atomic Habits James Clear
Mindful Games Susan Kaiser Greenland	Making Sense of Mindfulness Keith Macpherson	Happy Teachers Change the World Thich Nhat Hanh and Katherine Weare	Breaking the Habit of Being Yourself Dr. Joe Dispenza
Rainy Brain, Sunny Brain Elaine Fox	The Power of Habit Charles Duhigg	Permission to Feel Marc Brackett	Psychology: Themes and Variations Wayne Weiten, Doug McCann