

Strategy	Executive Function Skill	Related Competencies, Facets, and I Statements Communication = C, Thinking = T, Personal and Social = PS
<p>Mindfulness Strategies</p> <p>Evidence tells us that mindfulness strategies help us with emotional control and overall well-being. Various programs support mindfulness practice. Examples include MindUP, Inner Explorer, and Calm.</p> <p>MindUp (Goldie Hawn Foundation)</p> <p>Changing the World, One Student at a Time (InnerExplorer)</p>	<p>Emotional Control</p> <p>Inhibition</p> <p>Flexibility/Shift</p> <p>Working Memory</p>	<p>T – Generating Ideas</p> <ul style="list-style-type: none"> <input type="checkbox"/> I have deliberate strategies for quieting my conscious mind (e.g. walking away for a while, doing something relaxing, being deliberately playful so that I can be more creative.) <p>PS – Self-Regulation</p> <ul style="list-style-type: none"> <input type="checkbox"/> I can use strategies that help me manage my feelings and emotions. <p>PS – Well-Being</p> <ul style="list-style-type: none"> <input type="checkbox"/> I can participate in activities that support my well-being and tell/who how they help me. <input type="checkbox"/> I can use strategies to find peace in stressful times. <input type="checkbox"/> I can sustain a healthy and balanced lifestyle.