



*trauma-informed
tailored to each community
built on in-person connections
designed for the cultural
context*

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SANTA BARBARA
EDUCATION
FOUNDATION

Mission of

KIND MIND

Empowering schools and communities to practice mindfulness, kindness and nature immersion that enhance belonging, social-emotional capacity, resilience, equity, and caring for our world.

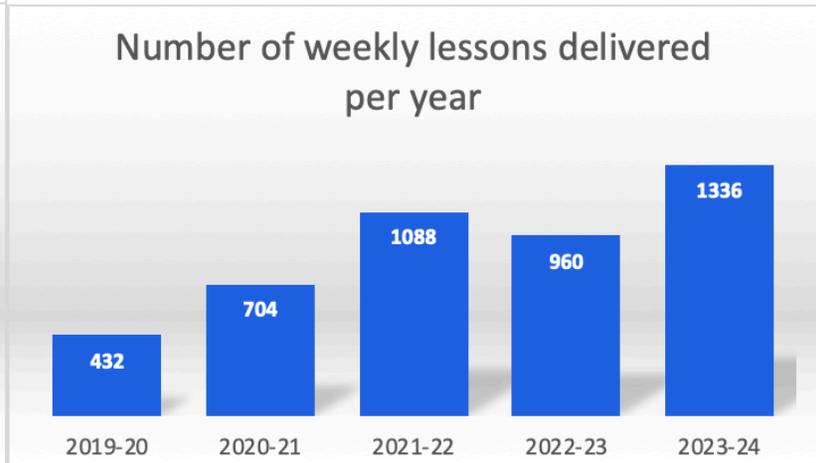
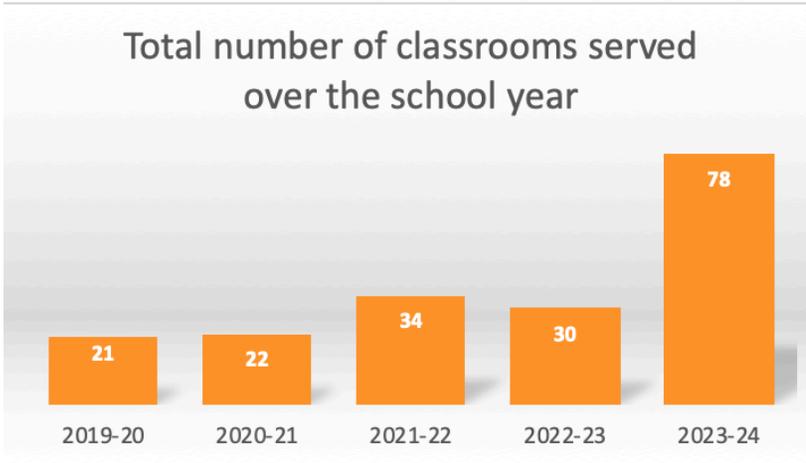
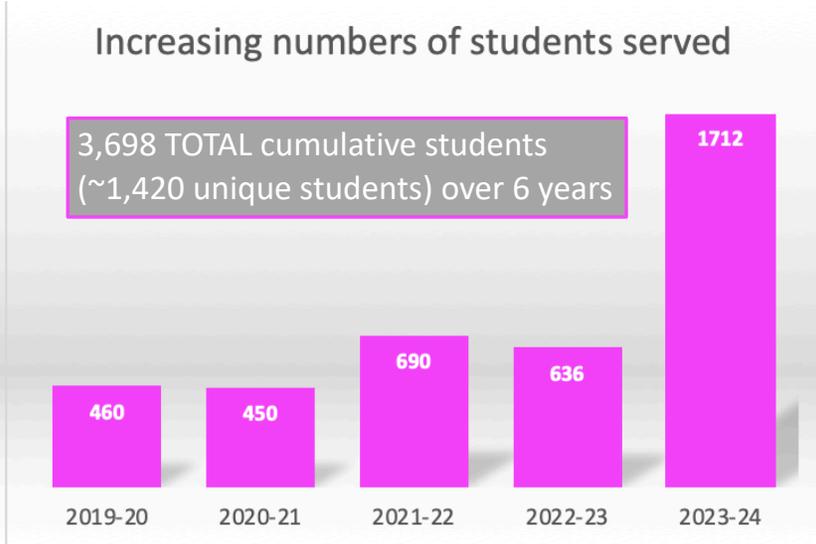
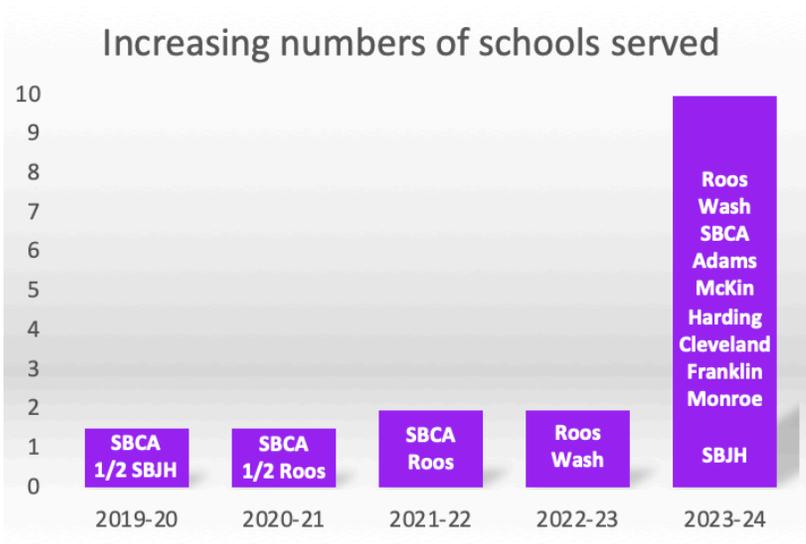


Curriculum Elements of Kind Mind

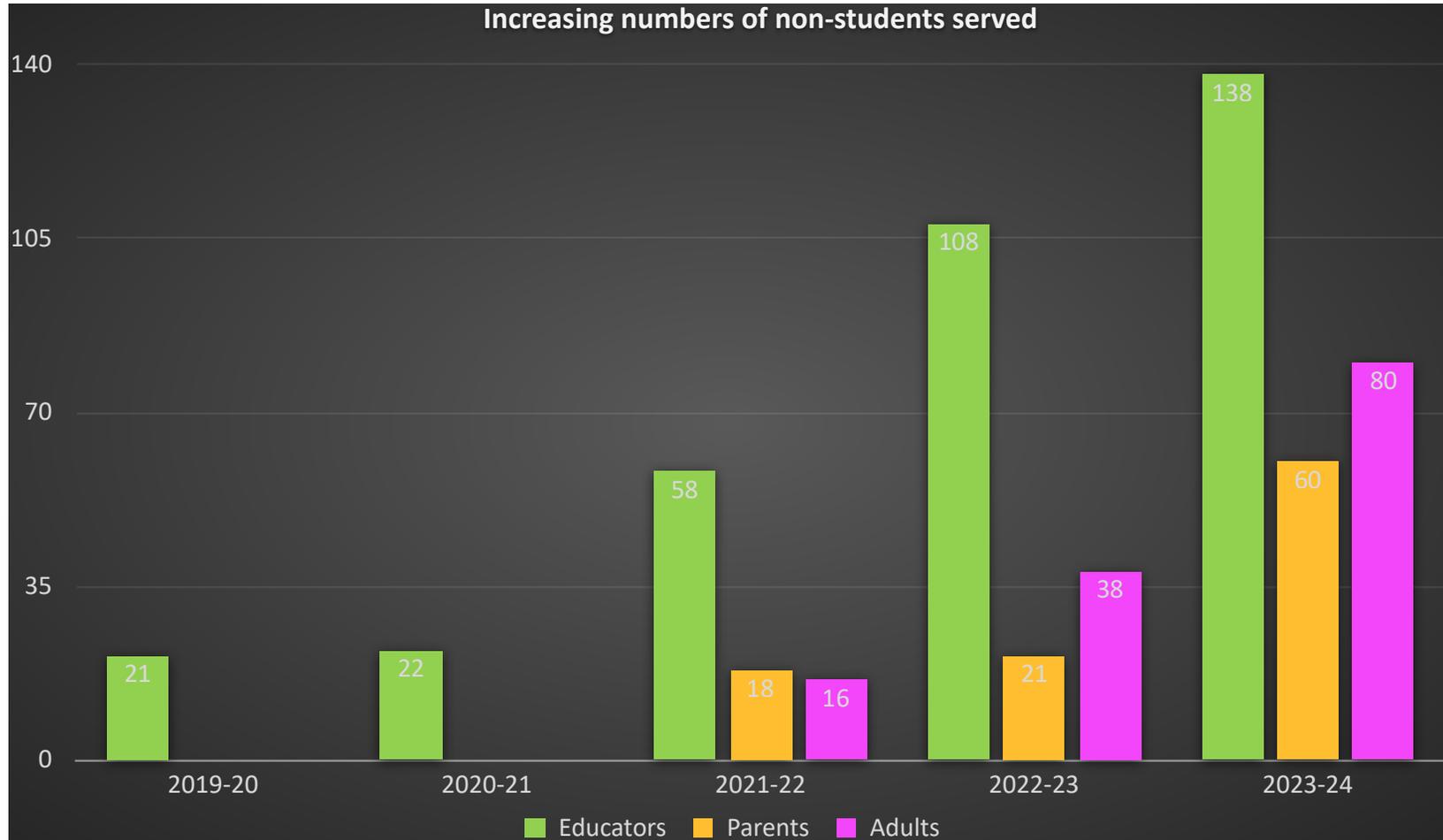
- Establish foundational daily practices of gratitude, compassion, and mindful awareness of breath, body, sensations, movement, thoughts and emotions.
- Develop a deep appreciation for and belonging to nature and our various communities.
- Promote resilience by addressing emotions arising from current challenges (e.g. pandemic, climate crises, peer-pressure, screen-addiction, test-anxiety, conflict).
- Raise awareness about interdependence, diversity, identity, perspective-taking and implicit bias, and introduce council circle and restorative practices.
- Ignite resilient agency in youth to become ambassadors of the Earth and encourage wise climate actions through awareness of our interconnected outer and inner world.



Who We Serve: schools in the Santa Barbara area, since 2019



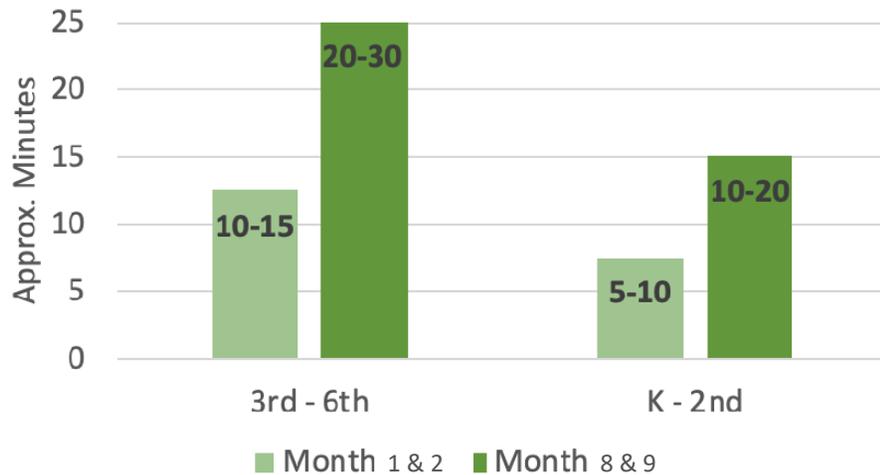
Who We Serve: educators, parents and adults in our community



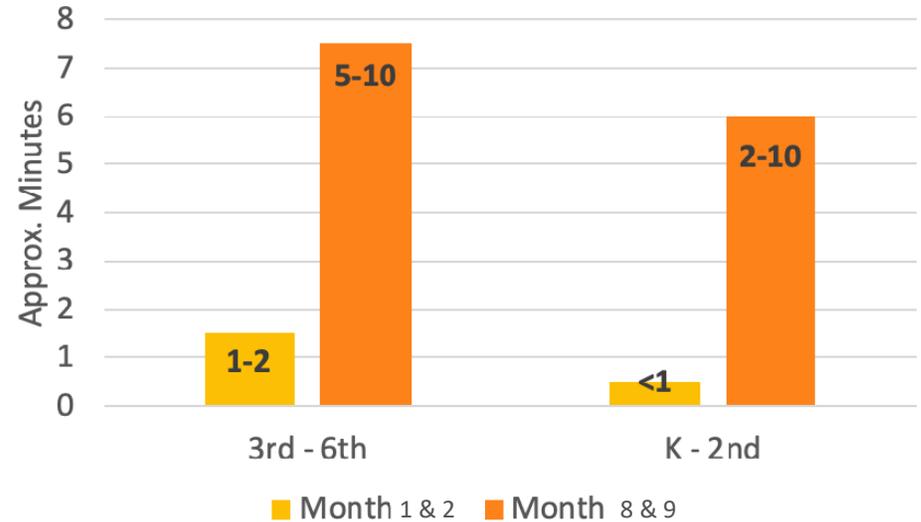
Outcomes



Focused engagement in mindful practice with art, sensorial anchors and movement, improved over a school year



Mindful focused attention on breathing increased in length over the school year



Testimonials

“Dear Ms Vivian, Thank you for coming to our class and making us relax and play fun games. I learned how to relax and how to listen better! You are a very good teacher and I hope you can come back and do Kind Mind with us, because I really liked it.” **5th grade student, Washington**

“Thank you, Mr. Harrison! Mindfulness really helped out this year! In the first few practices, I didn’t believe it would work. I was thinking, “What’s this about feeling emotion in your body?” I thought only your mind could perceive emotion. But over the past few weeks, I’ve been feeling calmer, and it really is helping.” **Washington student in 5-6th grade combo class**

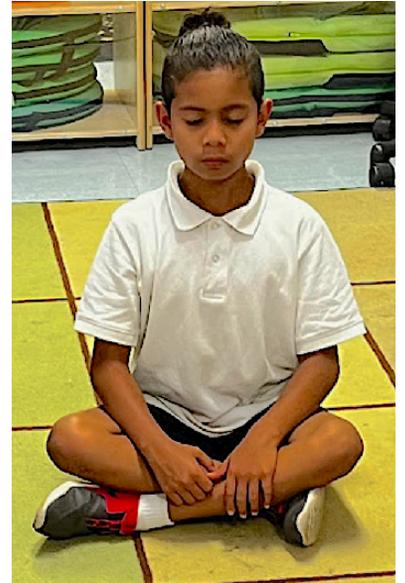
“Dear Ms. Tashma, I’m glad that you taught Kind Mind this year. I am very grateful ... Thanks for teaching us how to help others and how to help ourselves ... how to be mindful ... about social issues and how to be grateful that we have things that others don’t ... all of this and more!” **5th grade student, Roosevelt**

“I liked learning about the different ways I can incorporate mindfulness into my daily routine, for example before going to sleep, listing things I’m grateful for.” **PEAC Tutor** Kind Mind

“I enjoyed the different aspects of mindfulness and how it can be applied to the students we mentor/tutor.” **PEAC Tutor**

“I would like to express my gratitude for sharing your knowledge and experiences with mindfulness practices. Your insights have been invaluable in helping me understand the benefits of mindfulness and how to incorporate it into my own life. Thank you for giving me the much needed space to be present with my mind.” **UCSB teacher candidate**

“Thank you for bringing us information about mindfulness! I found it really helpful to learn about the neurological benefits of mindfulness so I feel more compelled to practice, and I feel more prepared to present to future administrators why it is so important.” **UCSB teacher candidate**



Key Staff

Vivian Valentin, PhD, Co-Founder and Executive Director

Vivian is a cognitive neuroscientist with a decade of expertise in risk-taking, motivation, habits, explicit and implicit learning, metacognitive uncertainty, and mental state transitions. She has supervised undergraduate and graduate students, taught courses, and co-directed a laboratory at UCSB, which involved securing and managing million-dollar, multi-institution, multi-year grants. She learned meditation in 1996, and was certified to teach yoga in 2009 and mindfulness in 2018, and creates lessons through art, nature and neuroscience. She completed the Inner MBA Program. She has built partnerships and teams, and secured and managed funding from nine grants, four contracts and donors to develop and implement community-based programs. She has also led a Mind & Life-funded think tank to support youth toward wise climate actions.

Harrison Heyl, M.A., Co-Founder, Assistant Executive Director

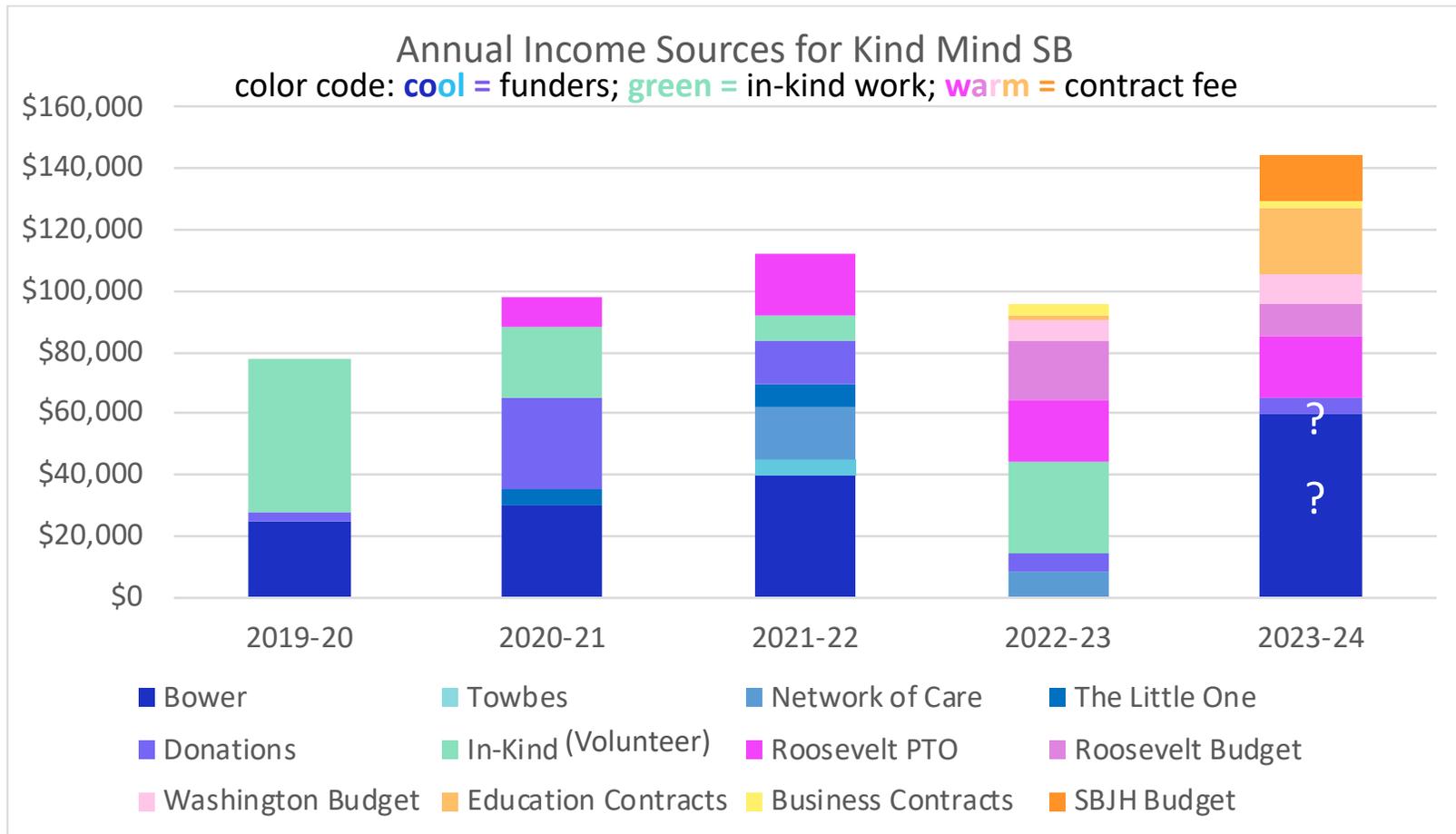
Harrison has been a serious meditator since 1996, which includes over two years of full-time residential meditation training in the U.S. and Asia. He has been teaching mindfulness since 2008 to adults and youth. Harrison co-founded two organizations dedicated to teaching mindfulness and two residential meditation training communities. He holds a master's degree in Clinical Psychology and is an Associate Marriage and Family Therapist. He's a Certified Unified Mindfulness Coach and has completed the Mindful Schools Level 2 Curriculum Training, Still Quiet Place Mindfulness for Youth Training, and Inner MBA Program. Harrison has co-authored the Kind Mind curriculum and contributed to developing three other mindfulness curricula.

Alejandra Tashma, Program and Curriculum Advisor and Mindfulness Facilitator Trainer

Alejandra has extensive experience working in Santa Barbara County schools as an administrator and bilingual teacher in a variety of K-8 settings. In each of her roles she has been an advocate for the integration of SEL and mindfulness practice into the academic curriculum. She holds a California bilingual teaching credential, and is also certified in mindfulness education from Mindful Schools, as a yoga teacher, and in Embodied Social Justice, which focuses on the application of contemplative and somatic practice in establishing socially just and equity-minded institutions. Alejandra has been trained in trauma- and healing-centered approaches for both adults and children, as well as restorative approaches and class circles. Alejandra, who is first-generation U.S., is trilingual (Spanish, English, French). She is also a UC Linguistic Minority Research fellow and a South Coast Writing Project fellow.

Financials: Income Growth and Diversification

GOAL: Shift income source toward more paid programming
Balance grants with major donors



Financials: Current Expense Allocations

For example, currently, out of a ~ \$110K budget, we can allocate ~ \$6K to run the organization and develop a sustainable infrastructure, but the rest is for carrying out our contracts this year.

Expense categories

Administration
5.2%

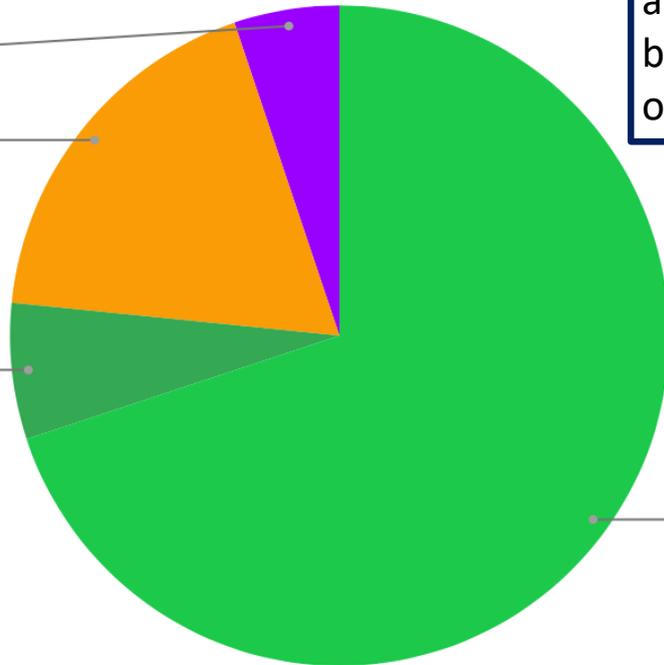
Operational fees
18.2%

- 6% fiscal sponsor
- 10% payroll taxes
- 2.2% insurance/bank, etc.

Program Management
6.7%

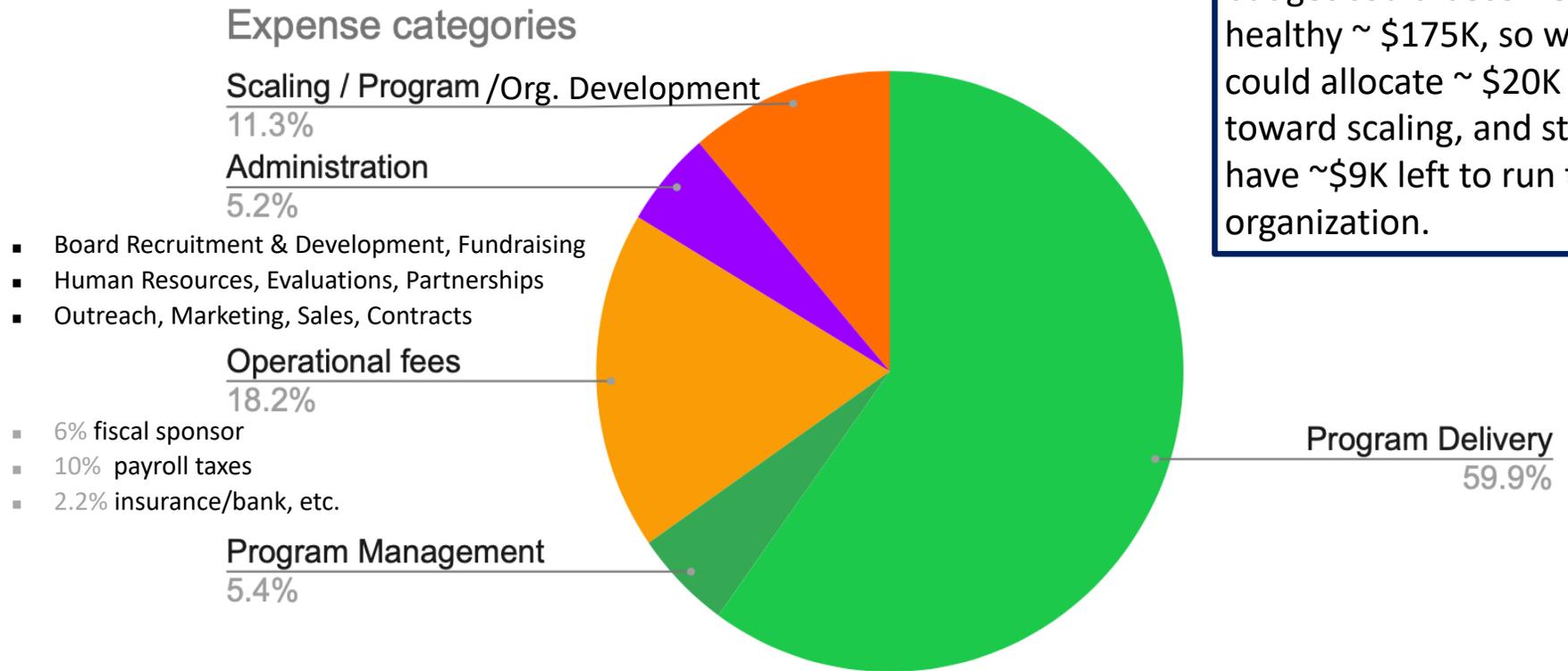
Administration:

- Organizational & Program Development
- Board Recruitment & Development
- Outreach, Marketing, Sales
- Human Resources, Evaluations
- Contracts, Partnerships, Fundraising



Program Delivery
69.9%

Financials: Desired Expense allocations



For example, with additional support, our budget could become a healthy ~ \$175K, so we could allocate ~ \$20K toward scaling, and still have ~\$9K left to run the organization.

Community Partners

Alliances and partnerships that enabled us to make a difference in our community



Funding Partner 2019 - 2021



Whole-school Program 2019 - 2022



Santa Barbara consultant 2022 - present



Santa Barbara Unified School District Partnership 2019 - present



Whole-school Program 2020 - Present



Grant Award 2021



School program 2023



Attended meetings 2019 - 2021



Summer program 2021



Network of Care Grant 2022



School-site Meetings 2021 - 2022



Family Wellness projects 2022 - present



Listed on their directory 2021 - present



Guest lecture in the Teacher Education Program 2022, 2023



Conference Resource Partner 2021



Grant Award 2021



UCSB consultants 2022



Professional Learning Workshop (planned)



Provided Mindful break at an event 2023



School Program 2019 & present



Tutor Workshop 2023



Mindful Looking Junior High field-trips & adults 2019 - present



Educator Workshop 2023

For more information please check out our [website](#) or email us at: kindmindsb@gmail.com

To help us meet our 23-24 goal of \$60,000, please [donate here](#).

Every gift will enable us to provide successful programming needed to renew our contracts.

Ultimately, your support will help Kind Minds establish a permanent role in supporting Santa Barbara schools to thrive and become resilient.