



**CALIFORNIA STATE SCIENCE FAIR
2017 PROJECT SUMMARY**

Name(s) Christina Miles; Haley Spranger	Project Number J0415
Project Title The Analysis of Mindful Meditation in the Elementary Classroom	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals Our initial study examined the effectiveness of therapeutic breathing on brainwave testing. We decided to apply the technique of diaphragmatic breathing in combination with mindful meditation, to a classroom setting. Our question was, does mindful meditation improve a student's attention and ability to focus? The goal of this study was to instruct students and teachers on a practical way to reduce stress and improve focus.</p> <p>Methods/Materials Word searches for 5th and 3rd graders, online mediation educational video "Just Breathe# and "Stunning Aquarium and Soothing Music," Teacher Behavioral Log. A 5th grade and 3rd grade class was selected for this study. Each class was given an initial word search, then instructed on breathing and meditation. They were given a post test after the initial mediation session. The classes participated in meditation 2 times a week for 3 weeks, 10 minute sessions. Behavior Log 1 hour before and after mediation. After the final meditation session, students were given a post test</p> <p>Results Both classes had improved focus testing after 3 weeks. In the 5th grade class, 66% of the students had improved test scores after the first mediation session and 79% of the students improved after 3 weeks. In the 3rd grade class, 42% of the students improved after initial meditation session and 62% had improved scores after 3 weeks. After the last meditation session, 58% of the 5th graders and 50% of the 3rd graders reported feeling relaxed after 10 minutes of meditation. By the last session, both teachers documented zero disturbances 1 hour after meditation.</p> <p>Conclusions/Discussion The findings of this study were significant because more than 50% of the students in both classes were able to benefit from 10 minutes of meditation. The documented feedback from the teachers was that there was a noticeable decrease of disturbances after meditation. The 5th grade teacher also identified 5 students with learning disabilities, and 3 out of 5 of the students had improved focus test scores. We presented our study to the administrators in our school and we plan to train teachers as well as set up a mentorship program, with specific focus on kids with ADHD.</p>	
Summary Statement Mindful Meditation in the elementary classroom, improves students' focus, decreases stress and enhances learning.	
Help Received Mrs. Denenny (5th grade teacher), Mr. Miler (3rd grade teacher) at McPherson Magnet School.	