

## The Meditation Project

Deeper Learning Postcard



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### Highlights

**Vetted Project:** Students tracked the benefits of meditation of the teenage brain throughout the month of October. Students began meditating every morning gradually increasing in time. Eventually students meditated for 20 minutes per session. Data supported evidence that meditation decreases stress, anxiety, depression, and symptoms of PTSD, while increasing benefits in sleep, attendance, empathy, compassion, and academic performance.

**Sustainability:** The Meditation Project will have a lasting impact on students who participated. The benefits of meditation on the teenage brain are abundant. Empathy, compassion, academic success, and behavioral improvements were all tracked. Students will carry such benefits throughout further academic endeavors and use meditation as a coping mechanism throughout life. Further impact can be witnessed through the creation and implementation of a Meditation Room in Windsor High School where students can meditate as they feel a need to de-stress before facing potential situations where disciplinary actions could be taken. The benefits of meditation on the teenage brain could also serve as a potential deterrent for school violence and acts of desperation unfortunately witnessed throughout our nation in the most recent escalating trend of school shootings.

**Driving Question:** What are the impacts of meditation on the teenage brain?

**Student Reflection:** Student 1: "I sleep better." Student 2: "I am not as stressed." Student 3: "I am able to handle my day better." Student 4: "I am able to make choices."

**Teacher Reflection:** I learned that students can rise above being average and become better than they knew they could be. The Meditation Project is more than a project. It gives students a coping tool to use throughout life.

### I. Authenticity

Performing

Realistic Role

Demonstrating

Show / Program

Producing / Revising

Product

Presenting

Display Calculations & Trends

Leverage Media Technologies

Utilize Visuals

# The Meditation Project

## Deeper Learning Postcard

### II. Media Produced

Internet Media

Online Survey

Digital Content

Video Content Digital Photography

Print Media

Signage

Artistic Composition

Scrapbook

Technical Writing

Interview Questions

Physical Drawings & Fine Arts

Product Drawing or Sketch

### III. Challenging Problems

Questions

Assist Others

Build a Better World

Compassion for the Unknown

Express the Intangible Visually

Reveal the World

Self Reflection & Evaluation

Strongly Held Beliefs

Themes

Community Outreach

Humanitarian

Research-based

Topics: Physical World

Human Body

Topics: Humans in the World

Civilizations & Cultures

Student Related Issues

Topics: Of the Mind

Intelligence & Learning

State of Mind

### IV. Achieved Literacy Skills

Media

Enhance Multicultural Interaction

Project / Work

Take Initiative for Personal Success

Leadership

Balance Diverse Views

Lead with Respect

Leverage Strengths of Others

### I. Parameters & Feasibility

Project Timeframe

More than 8 Weeks

Assessment Timeframe

Timed Assessment

# of Project Members

Flexible Group

Grade Level

High School (Grades 9-12)

Authentic Audience / Evaluators

# The Meditation Project

## Deeper Learning Postcard

Peers  
Parents  
Teachers & Administrators  
Community Members  
Consumers / Clients  
Government Officials

### II. Intended Learning Outcomes

#### Creativity

Change  
Design / Create  
Elaborate / Expand  
Envision / Invent  
Improve / Refine

#### Communication

Challenge Status Quo  
Cross-demographic Communication  
Decipher Attitudes / Intentions / Values  
Engage Creatively

#### Collaboration

Assume Shared Responsibility  
Develop Trust  
Encourage Others  
Exercise Flexibility  
Ignore Distractions  
Incorporate Feedback  
Respond to Failure  
Value Contributions Made by Others  
Work with Diverse Teams

#### Critical Thinking

Assemble Parts of a Whole  
Draw Analytic Conclusions  
Overcome Obstacles  
Persuade  
Quantify  
Rational, Objective Decision-making  
Reflect Critically on Learning  
Solve Problems Innovatively

#### Instilled Citizenship Values

Express Empathy / Compassion  
Habits of Mind & Heart  
Lifestyle Respecting Environmental Resources  
Personal Responsibility  
Social Responsibility  
Societal Influence & Political World  
Strong Personal / Work Ethic  
Student / School Governance

### III. Success Skills & Depth of Knowledge

#### Cognitive Demand

Applying Analyzing Evaluating

#### Social & Emotional Skills

Self-awareness  
Self-management  
Group-awareness  
Group-management

## The Meditation Project

*Deeper Learning Postcard*

### Learning Styles / Intelligences

Bodily / Kinesthetic

Interpersonal / Social

Intrapersonal / Introspective

Naturalist

Verbal / Linguistic

Visual / Spatial

### Assessment Structures / Resources

Interviews / Conferences

Journals

### IV. CTEs & Disciplines

Career & Technical

Human Services

Communication / Media

Mass Media

Nonverbal Communication

History

World History

Humanities

Cultural Studies

Religious Studies & Mythology

Sciences

Chemistry Health

Social Sciences

Psychology Sociology