

Section 1. Organizational Information

Organization Name

Mailing Address

City State Zip

Authorized Officer for this Grant Individual's Email Address

Individual's Title Individual's Phone Number

Have the grant funds been fully expended? Yes No

If "No," stop here and contact The Joanna Foundation for consultation.

Section 2. Grant Summary

Start Date (date on p.1 - mm/dd/yyyy) Grant Amount

Project Title

Overall Purpose (select one)

- Operating support
- Administrative/technical support
- Seed money/startup funds
- Specific project/program (insert title or one sentence summary below)
- Matching funds
- Capital campaign
- Facilities/equipment

Were major changes made to the project after the grant was received? Yes No

If "Yes," please explain why and summarize the changes as part of your Summary of Impact.

Section 3. Summary of Impact

Separately, using software of your choice, write a concise summary of how the grant helped achieve the objective of the request. For example, you may mention activities to date, progress toward milestones, participation by volunteers, partners or audience members, and/or significant achievements. You may use metrics to show change or anecdotal examples to illustrate impact. You may use bullets or lists. Describe the difference that The Joanna Foundation grant made to your organization in this time frame. We recommend one page of text or less. You may add items that showcase your work, such as a photo, graphic, chart, media article, testimonial, or link to a short video.

When you are satisfied with your draft, save your Summary of Impact in pdf format, attach any additions, insert your material after this page, and submit the combined file (consisting of this 2-pg form + your materials) as a single pdf file.

Due to the generous support of the Joanna Foundation, Empowered Minds was able to provide essential classroom resources that significantly impacted the learning environment. These resources were instrumental in creating a culture of empowerment within the classroom, enabling students to self-regulate as needed.

Each classroom received a specially curated basket containing the following items:

1. **Laminated Breathing Cards:** We purchased a laminator, laminating sheets, and breath card templates to create these cards. Each set of cards was placed on a ring, allowing students to choose which breathing exercise they wanted to perform.
2. **Breathing Ball:** This expandable ball is a favorite among students. It serves as a kinesthetic tool that aids in slowing down breathing, thus assisting with regulation.
3. **Bubble Visual:** This tool utilizes water and color to create a slow-moving visual effect. Focusing on such a calming visual helps regulate the nervous system.
4. **Movement and Breathing Posters:** These posters feature Mitchell students demonstrating yoga movements, breathing exercises, and sensory strategies to support regulation. The pictures, taken of the leadership group at Mitchell, not only serve as instructional aids but also foster a sense of leadership among the students depicted.

To ensure effective utilization of these tools, yoga instructors conducted introductory sessions, guiding students on how to use each item. The classroom teachers then designated specific areas within their classrooms for these mindfulness tools, making them easily accessible to students at any time.

The primary objective was to empower students by providing them with the means to manage their own emotional and mental states, thereby enhancing their overall learning experience. This initiative reached approximately 200 students from 1st through 5th grade, promoting a supportive and self-regulated classroom atmosphere across multiple grade levels.

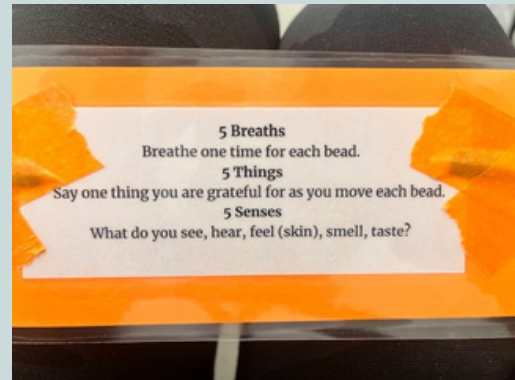
Joanna funding was also used to hire a site coordinator. The site coordinator was responsible for managing volunteers and was the liaison for the organization and the school. She coordinated supplies, scheduling, assisted with training and made sure the classes were running smoothly.

Additionally, we used the funds to engage four local yoga studios in our efforts. During the holidays, we created mini Angel Trees adorned with "ornaments" displaying various donation amounts. Although the individual donation amounts were modest, this initiative helped involve the studios in supporting EMpowered Minds and educated the community about our work. By increasing awareness of our efforts, we hope to plant seeds for future volunteer interest and funding opportunities.

Lastly, funding also enabled us to train new volunteers who joined our team mid-year. This training was crucial in ensuring that all volunteers were well-prepared to support our initiatives and effectively utilize the classroom resources provided.

The impact of the Joanna Foundation's grant has been profound, fostering a generation of students equipped with the skills to regulate their emotions and behavior, leading to a more conducive learning environment. Thank you for your invaluable support in making this transformative initiative possible.

CLASSROOM SELF-REGULATION BASKETS



Angel Tree For Three Yoga Studios

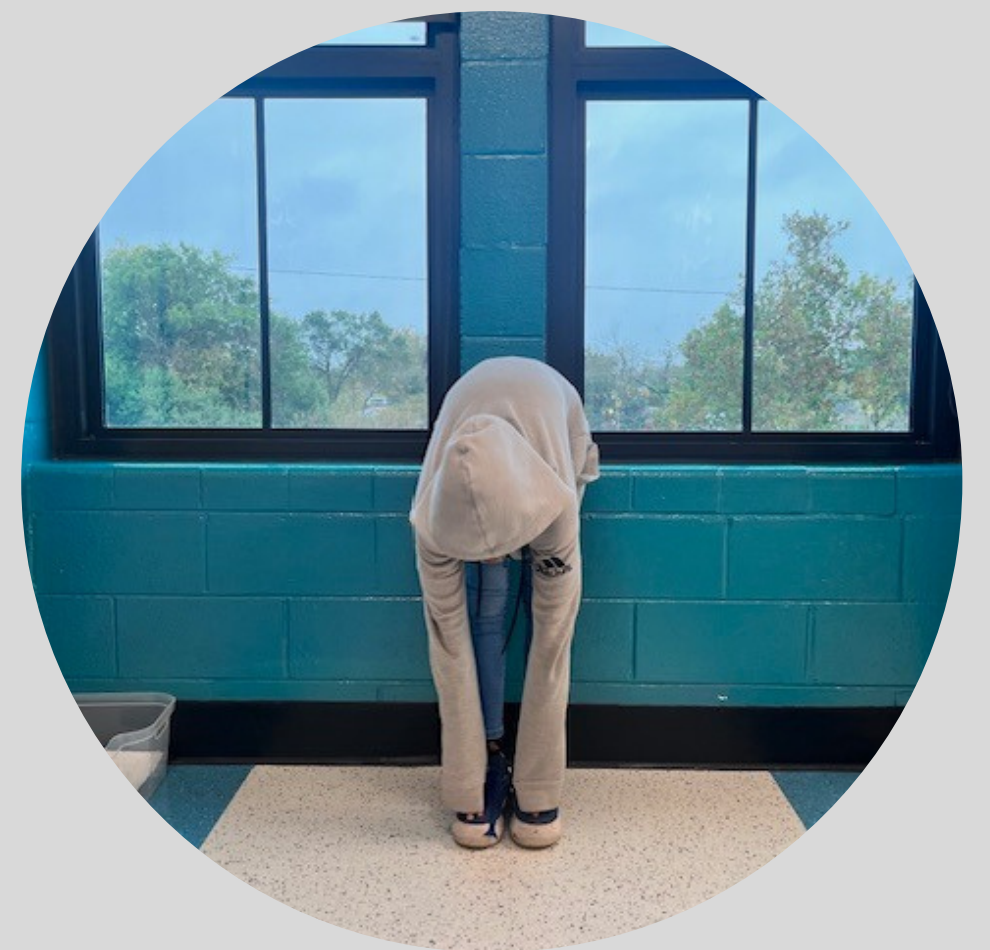
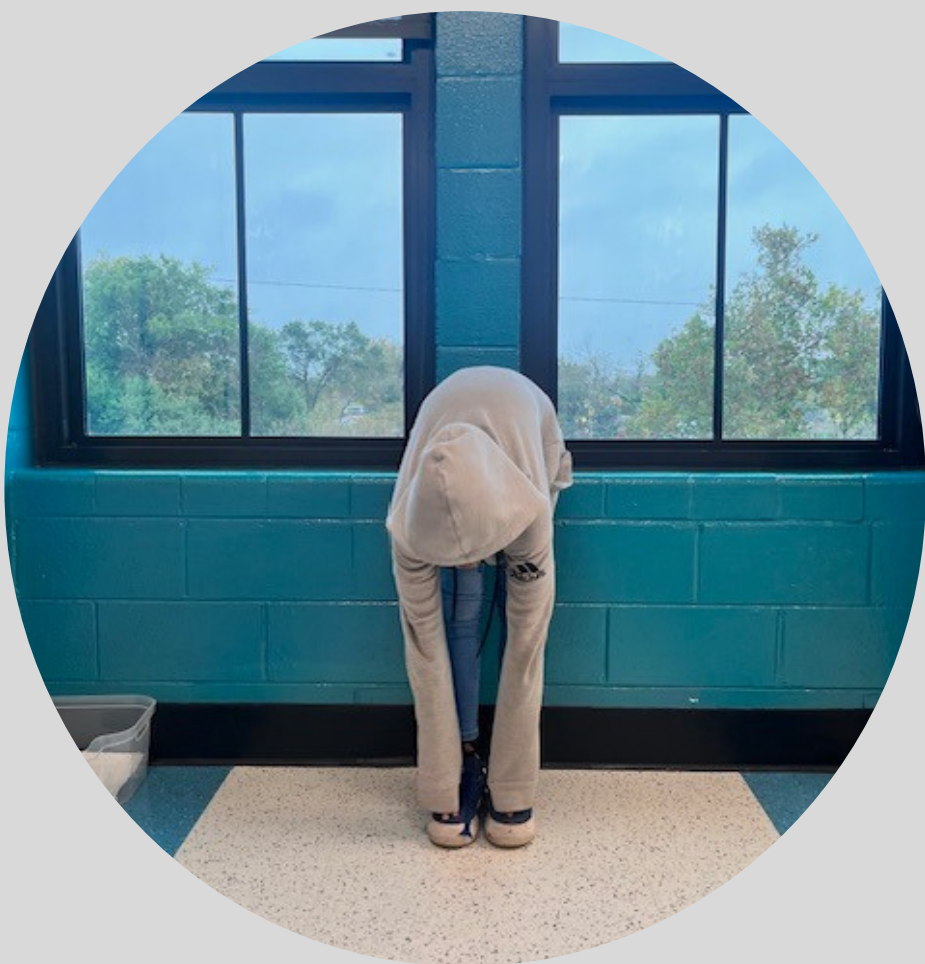
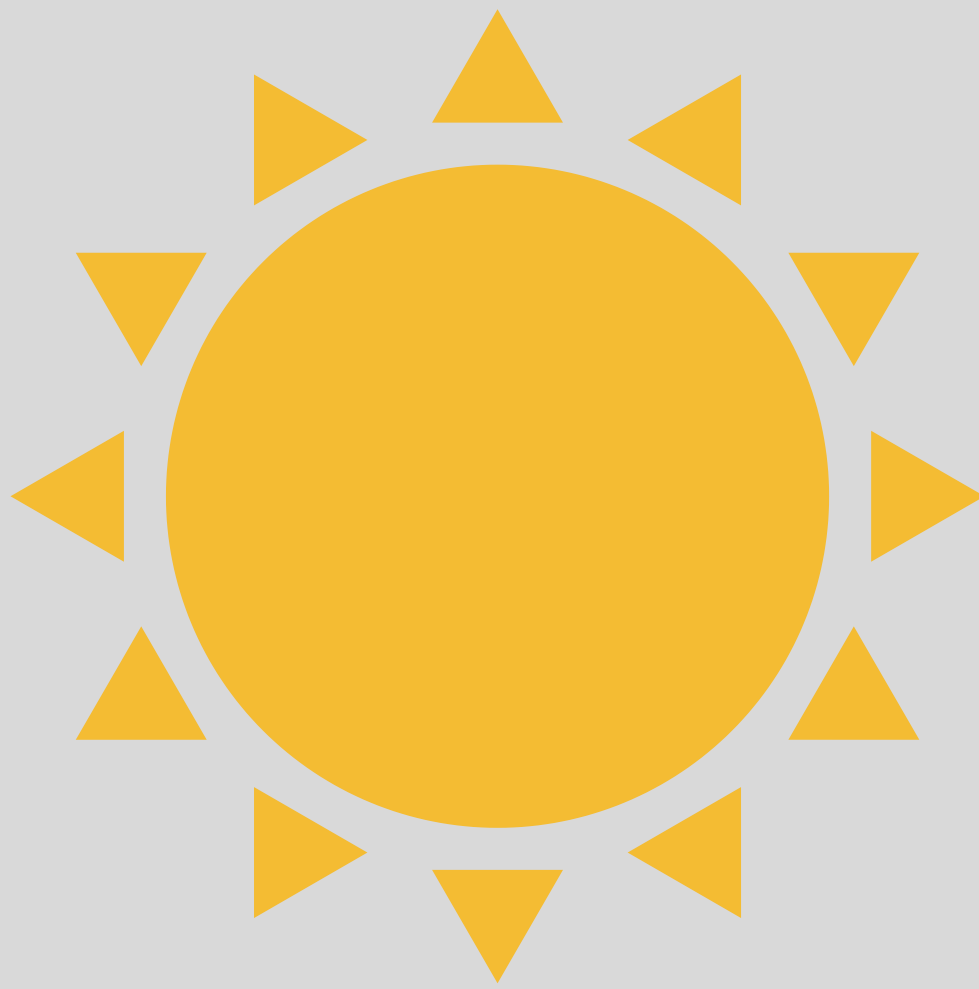
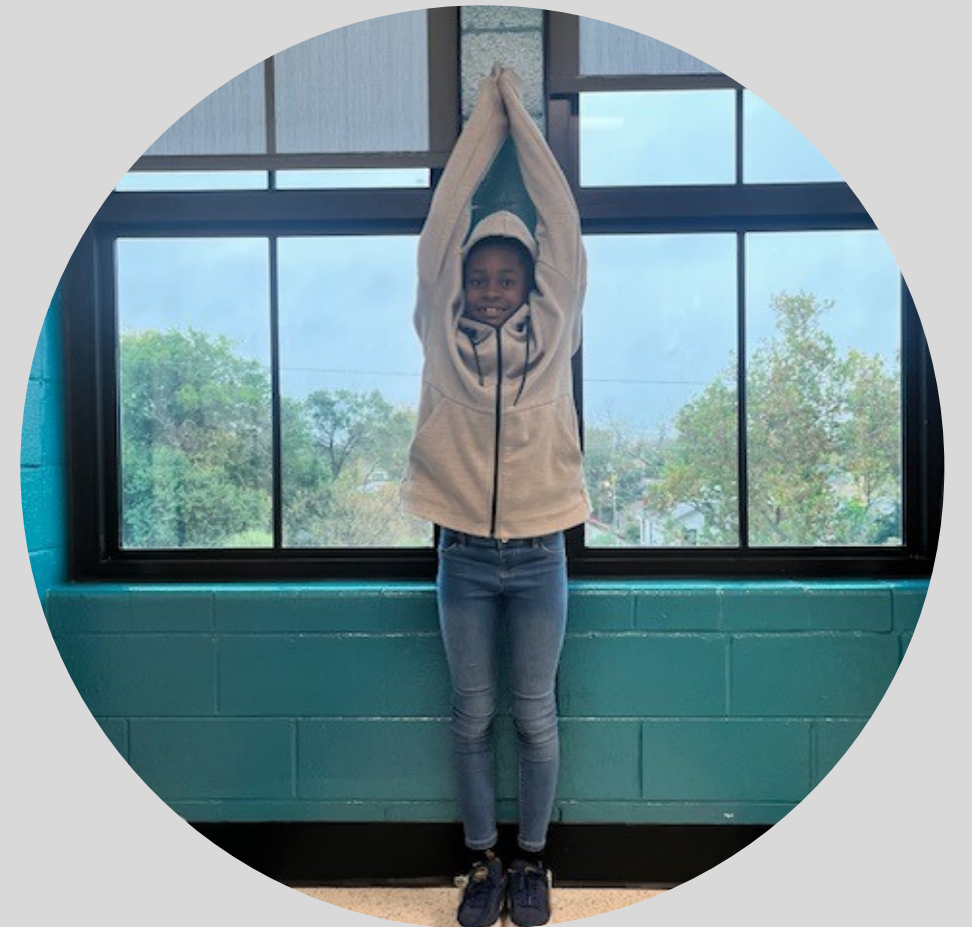


Half Sun Salutation

CONNECT



SAFE



ENERGIZE



GROUND

FOCUS

STANDING YOGA SNACKS

CHECK IN WITH HOW YOU FEEL.
CHOOSE TO MOVE AND BREATHE.
CHECK IN AGAIN WITH HOW YOU FEEL.
MOVE AND BREATHE MORE OR RETURN TO LEARNING



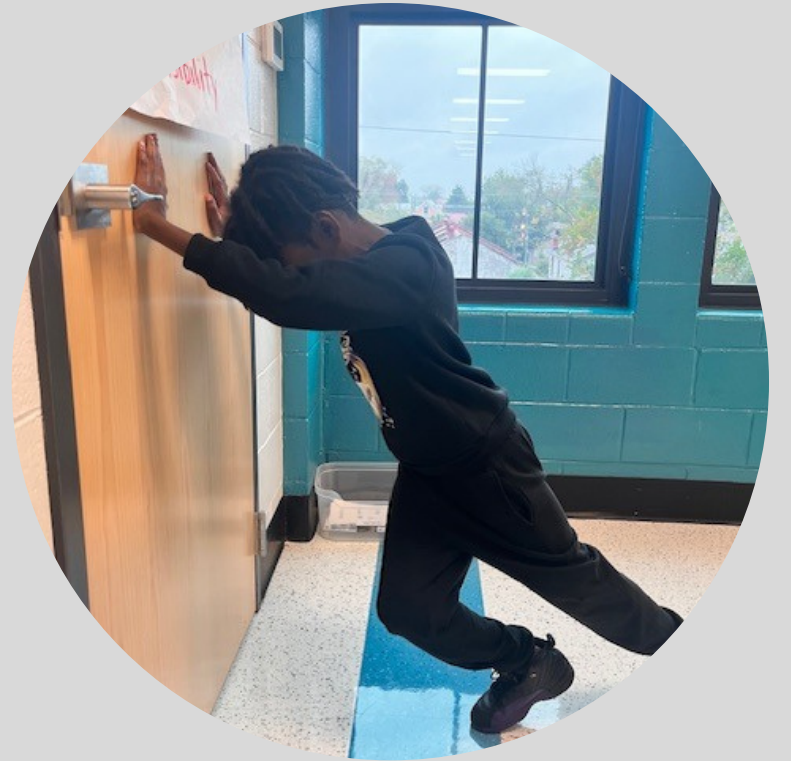
WARRIOR 2



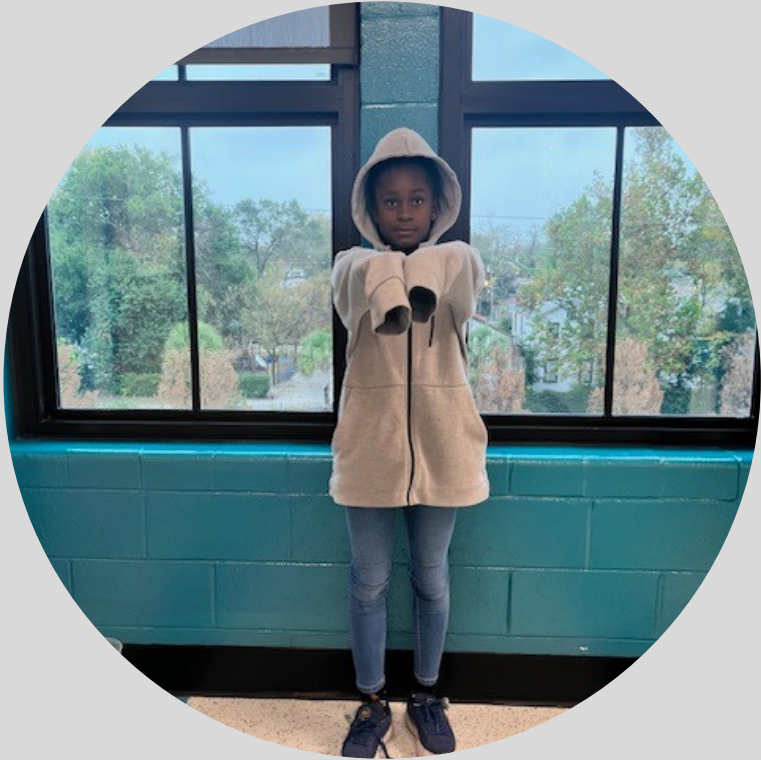
TREE



WARRIOR 1



WALL PUSH



BREATH OF JOY



Super Brain Breath



YOGA MARCH

SEATED YOGA SNACKS

CHECK IN WITH HOW YOU FEEL.
CHOOSE TO MOVE AND BREATHE.
CHECK IN AGAIN WITH HOW YOU FEEL.
MOVE AND BREATHE MORE OR RETURN TO LEARNING



BALL BREATHING



BUTTERFLY TAPS



SEASHELL BREATH



SAFE BREATH



HULK ARMS



5 FINGER BREATH



OWL BREATH



PUSH AND PULL



SELF HUG