



MINDFUL FOUNDATIONS
WHAT EVERY CHILD DESERVES

**Mindful Foundations Curriculum Alignment with
Head Start EFOL Standards**



Working Draft. This document expands the Head Start ELOF alignment framework to include all major domains and sub-domains. Each section is intended to be expanded with detailed indicator-level alignments, evidence narratives, and progress monitoring systems.

Domain 1: Approaches to Learning

Mindful Foundations supports this domain through emotional safety, love, connection, regulation, executive functioning development, guided meditations, breathing strategies, affirmations, the Brain State Model, and the L.O.V.E.E. Method.

P-ATL1 Emotional and Behavioral Self-Regulation

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

The Mindful Foundations curriculum establishes emotional safety, love, and connection as the foundation for learning. Each lesson prepares children to access the executive brain state where higher-order thinking, communication, self-regulation, and academic engagement can occur. This section should be expanded with domain-specific evidence aligned to the Head Start ELOF indicators.

Indicators of Progress

- Developmentally appropriate demonstration of skill
- Increased independence
- Engagement and participation
- Growth in executive functioning

Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-ATL2 Follows Rules and Routines

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast



Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Indicators of Progress

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-ATL6 Focus and Attention

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Indicators of Progress

- Developmentally appropriate demonstration of skill
- Increased independence
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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-ATL7 Persistence

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Indicators of Progress

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-ATL8 Curiosity and Motivation

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-ATL9 Creativity and Imagination

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



P-ATL10 Flexibility and Inventiveness

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

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Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery
Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-ATL11 Cooperation and Problem Solving

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



Domain 2: Social and Emotional Development

Mindful Foundations supports this domain through emotional safety, love, connection, regulation, executive functioning development, guided meditations, breathing strategies, affirmations, the Brain State Model, and the L.O.V.E.E. Method.

P-SE1 Relationships with Adults

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-SE2 Relationships with Peers

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Indicators of Progress

- Developmentally appropriate demonstration of skill
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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-SE3 Cooperative Play

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



P-SE6 Emotional Expression

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-SE8 Empathy

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-SE9 Self-Awareness

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

P-SE10 Confidence and Self-Concept

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast



Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



Domain 3: Language and Communication

Mindful Foundations supports this domain through emotional safety, love, connection, regulation, executive functioning development, guided meditations, breathing strategies, affirmations, the Brain State Model, and the L.O.V.E.E. Method.

LC1 Attends to Communication

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

LC2 Understanding Language

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Indicators of Progress

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

LC3 Expressive Communication

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

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Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



LC4 Conversations and Social Communication

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery
Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

LC5 Vocabulary Development

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Indicators of Progress

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



Domain 4: Literacy

Mindful Foundations supports this domain through emotional safety, love, connection, regulation, executive functioning development, guided meditations, breathing strategies, affirmations, the Brain State Model, and the L.O.V.E.E. Method.

LIT1 Interest in Books and Reading

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

LIT2 Story Comprehension

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

LIT3 Vocabulary and Meaning

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



LIT4 Print Awareness

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery
Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

LIT5 Emergent Writing

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



Domain 5: Cognition

Mindful Foundations supports this domain through emotional safety, love, connection, regulation, executive functioning development, guided meditations, breathing strategies, affirmations, the Brain State Model, and the L.O.V.E.E. Method.

Mathematics Development

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

Scientific Reasoning

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

Memory and Executive Function

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



Logic and Problem Solving

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

Inquiry and Exploration

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Indicators of Progress

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



Domain 6: Perceptual, Motor, and Physical Development

Mindful Foundations supports this domain through emotional safety, love, connection, regulation, executive functioning development, guided meditations, breathing strategies, affirmations, the Brain State Model, and the L.O.V.E.E. Method.

Fine Motor Development

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

Gross Motor Development

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

Health and Safety

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

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Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery

Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills



Body Awareness

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

The Mindful Foundations curriculum establishes emotional safety, love, and connection as the foundation for learning. Each lesson prepares children to access the executive brain state where higher-order thinking, communication, self-regulation, and academic engagement can occur. This section should be expanded with domain-specific evidence aligned to the Head Start ELOF indicators.

Indicators of Progress

- Developmentally appropriate demonstration of skill
- Increased independence
- Engagement and participation
- Growth in executive functioning

Progress Monitoring Skills

Tier 1 – Safety, Love, Connection; DRIVE; Regulation Tool Mastery; Meditation Mastery
Tier 2 – Executive Functioning; Emotional Regulation; Academic Readiness; Communication Skills

Self-Care Skills

Subcomponent Alignment

Lesson 1A–15A; Guided Meditations; Breathing Strategies; Daily Affirmations; Brain State Model; L.O.V.E.E. Method; Role Playing; Relationship Breakfast

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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MINDFUL FOUNDATIONS
WHAT EVERY CHILD DESERVES

Indicators of Progress

- Developmentally appropriate demonstration of skill
- Increased independence
- Engagement and participation
- Growth in executive functioning

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