



MINDFUL FOUNDATIONS
WHAT EVERY CHILD DESERVES

**Mindful Foundations Curriculum Alignment with
Pyramid Model for Supporting Social Emotional
Competence**

Alignment document connecting Mindful Foundations practices to the Pyramid Model framework.

Nurturing and Responsive Relationships

Subcomponent Alignment

L.O.V.E.E. Method; Brain State Model; Guided Meditations; Daily Affirmations; Relationship Breakfast; Daily Meet & Greets

Lesson / Unit Location

Pages 43–175

Alignment Evidence

Mindful Foundations supports emotional safety, connection, regulation, and social-emotional competence through relationship-based and trauma-informed practices.

Indicators of Progress

Emotional regulation, positive interactions, independence, engagement.

Progress Monitoring Skills

Tier 1: Safety, Love, Connection, Trust, DRIVE. Tier 2: Executive Functioning, Emotional Regulation, Communication Skills.

High-Quality Supportive Environments

Subcomponent Alignment

L.O.V.E.E. Method; Brain State Model; Guided Meditations; Daily Affirmations; Relationship Breakfast; Restorative Justice Conversations; Stress Responses; Fade-away Approach

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Indicators of Progress

Emotional regulation, positive interactions, independence, engagement.

Progress Monitoring Skills

Tier 1: Safety, Love, Connection, DRIVE. Tier 2: Executive Functioning, Emotional Regulation, Communication Skills.

Targeted Social-Emotional Supports

Subcomponent Alignment

L.O.V.E.E. Method; Brain State Model; Guided Meditations; Daily Affirmations; Relationship Breakfast; Daily Role-Playing; Stress Responses; L.O.V.E.E. Behavior Response Plan

Lesson / Unit Location

Pages 43–175

Alignment Evidence

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Indicators of Progress

Emotional regulation, positive interactions, independence, engagement.

Progress Monitoring Skills

Tier 1: Safety, Love, Connection, Trust, DRIVE. Tier 2: Executive Functioning, Emotional Regulation, Communication Skills, Healthy Stress Responses.

Intensive Individualized Intervention

Subcomponent Alignment

L.O.V.E.E. Method; Brain State Model; Guided Meditations; Daily Affirmations; Relationship Breakfast; Proactive Behavior Response Plans;

Lesson / Unit Location

Pages 43–175

Alignment Evidence

Mindful Foundations supports emotional safety, connection, regulation, and social-emotional competence through relationship-based and trauma-informed practices.

Indicators of Progress

Emotional regulation, positive interactions, independence, engagement.

Progress Monitoring Skills

Tier 1: Safety, Love, Connection, DRIVE. Tier 2: Executive Functioning, Emotional Regulation, Communication Skills. Tier 3: Intensive Holistic Success Plans