

Mindfulness and Coding

Meeting the need for mindfulness practices and coding education for children in South Africa

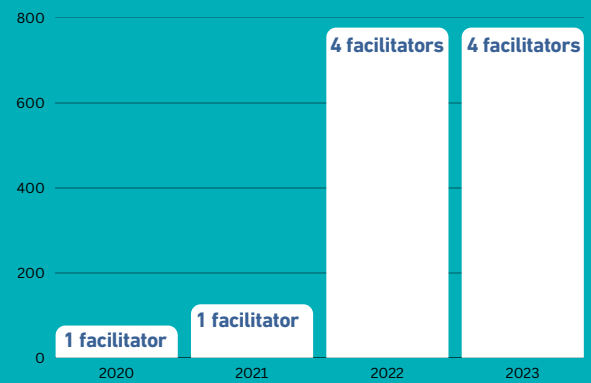
In 2020 The Breteau Foundation started a mindfulness and coding program in Khuma township, a remote location in the Northwest province. Mindfulness practices help children to manage stress, improve their concentration, and develop emotional regulation skills. Immediately following coding education helps children develop problem-solving skills, logical thinking, and creativity.

PROGRAM GOALS

- 1** Children develop mindfulness skills such as attention regulation, emotional regulation, and self-awareness.
- 2** Children build coding concepts and develop problem-solving skills, logical thinking, and creativity.
- 3** Children learn to appreciate the connection between mindfulness and coding, and to see the benefits of both practices.

PROGRAM GROWTH

The program now employs 4 facilitators and works in 3 schools in Khuma.



PROGRAM COMPONENTS



The mindfulness component: guided meditation, breathing exercises, and mindfulness-based movement activities like yoga. Children develop self-awareness, attention, and emotional regulation skills.



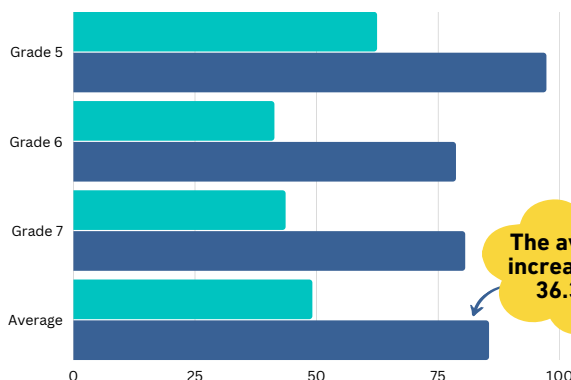
The Coding component: Coding activities using the mathematical gamified coding software, Code Monkey. Visual blocks and text-based coding. Developing problem-solving skills, logical thinking, and creativity.



During South Africa's daily power outages: Scottie Go! Coding board games. Fundamental programming concepts such as simple and complex commands, parameters, loops, conditional statements and variable functions. Problem solving and team work.

"Hata butle Primary School learners had difficulties with mathematics, since the introduction of mindfulness program, learners mathematics marks have improved." Head of Department intersen Phase, Mr Motibedi

RESULTS (Hata Butle Primary School)



The average increased by 36.3%!!

