

The CHIME Program



Nebraska Extension’s Cultivating Healthy Intentional Mindful Educators (CHIME) program for early childhood professionals enhances their overall mental well-being.



Nebraska Extension professionals have developed an integrated program which includes: Guiding Teacher Handbook, Participants Handbook, Journal, handouts, suggested activities for early care settings, etc.

About the Program

- ⚙️ Consists of a 2-hour overview followed by seven 1½ hour sessions.
- ⚙️ A guiding teacher who has received training and practices mindfulness facilitates.
- ⚙️ Each session focuses on a specific topic and consists of journaling, group discussion, guided meditations and ideas for practicing mindfulness in early care settings.
- ⚙️ Participants are assigned take-home practices and activities to do with children in an early care setting.

Pilot of 53 early childhood educators:

- 100%** Agreed learning about mindfulness was helpful to them as educators.
- 100%** Agreed participating was meaningful and they would recommend the program to others.
- 97%** Agreed CHIME provided them with strategies to help control their emotions in the classroom.

After participating, there was significant:



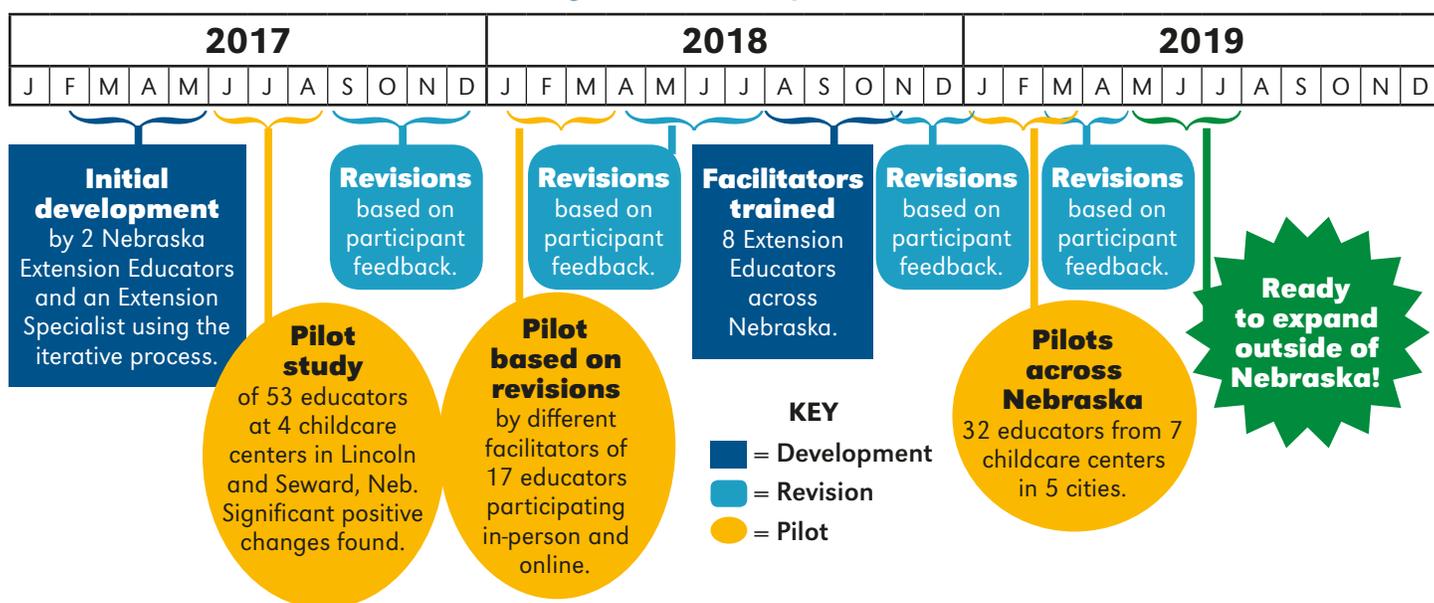
- INCREASE IN**
- ⚙️ Perceived general health
 - ⚙️ Being more mindfully aware and observant
 - ⚙️ Having control at work
 - ⚙️ Quality of sleep
 - ⚙️ Caregiving efficacy



- DECREASE IN**
- ⚙️ Stress
 - ⚙️ Burnout

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CHIME Program Development Time Line



What participants have said:

"I can't tell you how much I enjoyed these classes. I enjoyed each and every class. Honestly, the best class I have taken!"
 —Preschool Teacher

"I will take mindfulness with me in all aspects of my life, remembering to think before I speak, listening more to understand instead of not listening and being ready to fire back. I will be more mindful in my interactions with the children and be more present instead of thinking about what is coming next. I will also use some of the meditation techniques."
 —Toddler Teacher

"I use meditation in my life now. It makes me think before reacting to different things going on and working with the infant and toddlers. I use more mindfulness in my daily activities with the infants. Mindful breathing is especially helpful. I have enjoyed this class and it has changed my way of thinking and relaxing myself and my mind." —Infant Teacher



Tips for Implementing the Program

- ⚙️ Engage all leadership in the program and have them participate in the 2-hour overview for CHIME.
- ⚙️ Offer the program during the working day, when possible.
- ⚙️ Divide participants into groups of 4–8. Groups will participate in a variety of activities including discussion, listening to understand and setting intentions for the coming week.
- ⚙️ Have a designated space for participants to practice formal mindfulness activities, such as meditation.
- ⚙️ Create a wellness room or space to intentionally practice wellness.
- ⚙️ Participants are advised not to miss a session. However, they can make up for missed sessions.

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