



# 5 Radical Minutes Overview

## Easy to Implement and Simple to Follow

5 Radical Minutes not only enhances individual lives, but also improves classroom and school climate. This carefully crafted combination of activities provides a broad range of benefits.

Developed strategically over five years to ensure that the most profoundly effective practices would be included, 5 Radical Minutes remains easy to implement and simple to follow. **This straightforward, effective approach to connect students and staff is our critical differentiator.** Using paired sharing, group discussions, and mindfulness-based stress reduction, we are able to reach every student and staff member and connect them with others in a unique, effective manner.

5 Radical Minutes mindfulness techniques address several risk factors for individuals and schools. Dan Hurley, in a New York Times magazine article "[Breathing In vs. Spacing Out](#)," quotes astounding research from the journal Psychological Science's May 2014 trial results:

*...undergraduates instructed to spend a mere 10 minutes a day for two weeks practicing mindfulness made significant improvement on the verbal portion of the Graduate Record Exam – a gain of 16 percentile points. They also significantly increased their working memory capacity the ability to maintain and manipulate multiple items of attention.*

## The Benefits of 5 Radical Minutes

**5 Radical Minutes** promotes emotional intelligence and a sense of well-being through a blended series of activities, leading to significant personal growth and improved school climate. **Here's how each group benefits:**

### For Individual Students: Greater Mindfulness and Decreased Isolation

- Structured, paired sharing increases students' willingness to get along with others – ALL others – such that it decreases student-to-student conflict and as a result, increases teaching time.
- Students face risk factors that, left unaddressed, often lead them to self-harm, depression, and other self-destructive behaviors. Our carefully crafted prompts address these risk factors by providing insights and teaching increased coping skills.
- Community circles make sure that each student is known, respected, and has a voice in relationship with all others in the classroom, resulting in decreased student isolation.
- Mindfulness activities reduce stress and increase the ability to focus and think clearly, leading to better test scores and longer concentration for academic tasks.



## For Teachers: Step-by-Step Guidance for Classroom Incorporation

- Prompts for the shared activities provide insights and strategies that teacher may employ any time student difficulties arise.
- Community circles build camaraderie and improve classroom climate.
- Restorative practices decrease discipline and increase students' sense of self-worth.
- Staff meeting activities reinforce 5 Radical Minutes classroom concepts and strategies for all adults in the building.
- Quarterly surveys show progress and enable teachers to refine their approach in order to enhance progress.

## For Administrators: Restorative Discipline and Trackable Metrics

- The 5 Radical Minutes discipline process engages students in taking responsibility and making amends for their behaviors rather than focusing on negative deterrents, which only occur when students are caught. We encourage all discipline to start with the 5 Radical Minute format, where each party respectfully listens to the other without interruption, but without the two-minute time limit.
- Quarterly surveys provide insight on the strengths and needs in each classroom and provide data that allows buildings and districts to track overall progress and benefit.

## For All Staff: Connects all Staff and Provides an Accurate Pulse of Classroom Climate

**5 Radical Minutes for School Administrators** works in tandem with the Teacher program and provides many additional benefits. It utilizes the same format of five-minute activities for staff or departmental meetings.

### Benefits for staff relations:

- Pairing staff with others they don't know well allows everyone to get to know staff who are new or not well-connected and builds staff camaraderie.
- Prompts are designed to support staff and to help them see ways of better supporting students.
- School climate will improve in direct proportion to how much both the student and staff programs are implemented. Taking time to do some of the MBSR activities as well as using the restorative practices processes to resolve staff conflict or stressors continues to pay dividends over time.



#### Benefits for teachers who use the classroom program:

- During the five-minute staff meeting activities, teachers have opportunities to identify not just what's working well, but also what's frustrating in their classrooms.
- Teachers gain ideas and insights from brief, targeted exchanges with colleagues.
- By being a participant rather than a facilitator in the process, teachers get a better sense of how their students feel and learn as they use 5 Radical Minutes in the classroom.

We know that every school is different, staff needs vary, and willingness to leap into new programs varies from one teacher to the next. 5 Radical Minutes can be integrated into a school building or district in a variety of ways, but the goal is that over time, *all* teachers will participate in both the classroom program activities daily and the staff program activities at least once a week.