



Submitted by: Betty Singleton, betty.singleton1@gmail.com

Company/Organization: Pause, A Mindfulness Meditation Place

Number of Employees: 1

For-profit/ Nonprofit: for profit

Category: community

Challenge or Opportunity:

I was the lead teacher in a Social Thinking Program, for high functioning autistic middle schoolers (between the ages of 11-14) who were mostly boys. These students were academically average and above average. But for everything these individuals excelled in, they lacked in social cognition; executive functions, emotional regulation, perspective.

Approach or Solution:

After about 2 months of practicing mindfulness for 20 minutes each day with this group, the results in each one was transformative! It was the obvious changes in them that I observed overtime, their ability to listen and take correction easier, their compassion for others, their improved flexibility, increased perspective-taking, emo. regulation.

Impact:

It was the testimonials of these students, about how things seemed better and calmer for them. They were managing classwork more efficiently, working better in groups, showing improved flexibility, less frustration, and the list went on and on. The teachers and parents of these students also shared positive comments and testimonials.