



The benefits of applying a structured mindfulness program to a class of children from the Américo de Viveiros Foundation

Mariana Pace Alves

Institution: Company Health Contact - Rio de Janeiro
E-mail: maripacealves@gmail.com

Giselle Natsu Sato

Institution: Breath Life BreathWorks Brazil - Rio de Janeiro
E-mail: gisellenatsusato@gmail.com

Maira Fernandes Ribas de Melo e Silva

Institution: Wake Up Schools Brazil - Rio de Janeiro
E-mail: mairafernandesdemelo@gmail.com

Danielle Marques Anchieta Teixeira

Institution: Américo de Viveiros Institution – Rio de Janeiro
E-mail: anchietadaniele@gmail.com

RESUMO

Mindfulness involves the ability to pay attention intentionally and without judgment to the present moment. Studies show that mindfulness activities result in improved attention, memory, concentration, and well-being. The recent founding of the Thich Nhat Hanh Center for Mindfulness at the Harvard School of Public Health points to the importance of scientific studies of mindfulness in the context of public health. The objective of this study was to verify the benefits of applying a mindfulness program in a group of 15 children aged 8 to 10 years, living in the Turano favela in Rio de Janeiro.

Keywords: Health, Child, Meditation.

1 INTRODUÇÃO

Mindfulness involves the ability to pay attention intentionally and without judgment to the present moment. Studies show that mindfulness activities result in improved attention, memory, concentration, and well-being. The recent founding of the Thich Nhat Hanh Center for Mindfulness at the Harvard School of Public Health points to the importance of scientific studies of mindfulness in the context of public health. The objective of this study was to verify the benefits of applying a mindfulness program in a group of 15 children aged 8 to 10 years, living in the Turano favela in Rio de Janeiro. In the period from March to May 2023, the program entitled "Awakening Through the Senses" was developed. Five fortnightly face-to-face meetings were held, lasting one hour, containing practical and theoretical parts. Information related to meditation, mindful eating, sensory walking, creative writing, and mental health was presented, discussed, and experienced. The program, containing educational activities for children, was structured by the Compassionate Revolution project in partnership with the company Saúde Contato and applied in the non-



profit entity FAV (Américo de Viveiros Foundation). The results, recorded through empirical observations and notes of verbal and written reports, pointed to positive changes in the children, such as: greater ease in identifying and expressing feelings, the use of conscious breathing to minimize anxiety, greater knowledge about one's own body and the use of welcoming gestures to minimize moments of anger and fear. Mindfulness practices can help reduce the rates of anxiety, depression, discouragement, violence, fear and burnout present in the communities of Rio de Janeiro as well as improve attention levels in the educational environment. The practical experience with the Américo de Viveiros Foundation allowed us to verify the positive impact of mindfulness on the integral health of the children participating in the program.