



Wuf Shanti
Children's Wellness Foundation

Wuf Shanti Children's Wellness Foundation

501(c)3 non-profit organization
Created by a Kid (who is now a Teen)

- ☆ Teaching mindfulness and social emotional learning
- ☆ Encouraging children to live in health, wellness, peace & positivity.
- ☆ Helping kids stay physically fit, mentally less stressed, able to cope with emotions, & interact with kindness.

Kids' Association for Mindfulness in Education: youth come together to mindfully do good in the world & help get these mindful programs into K-12 schools across the country. If you're interested in starting a student-run KAME Club at your school, send us a note. <http://www.mindfuleducation.org/kame/>



Wuf Shanti: an adorable dog character that travels the world and shares with children 3-10 years-old through fun, games, videos, books, a mobile app, and great music, how to live mindfully, be kind to others, & live in gratitude. Wuf Shanti visits hospitals & schools to share our curriculum with the kids. <https://wufshanti.com>

The **Mindful Kids Peace Summit**, the first of its kind geared to tweens & teens, 11-17 years-old, their teachers & parents. Shown as part of the curriculum in schools across the globe. Allows kids to hear from pioneers in the industry, who will share different techniques to navigate through & process emotions & stress. Topics include diversity, inclusion, communication, kindness, antibullying, mindfulness, stress reduction, self-awareness, self-regulation, compassion, positive thinking, interacting with others, collaboration, & more.

<https://www.mindfulkidspeacesummit.com/>



**MINDFUL KIDS PEACE
SUMMIT**

Contact us at thinkwell@wufshanti.com. Follow us on all social media platforms @wufshanti.



Youth Mental Health Education Advocate, **Adam Avin**, created the Wuf Shanti Children's Wellness Foundation for other kids. Children learn mindfulness, yoga, meditation, communication, kindness, gratitude, self-awareness, self-regulation, compassion, positive thinking, inclusion, collaboration, empathy, positive psychology, and more. These techniques help kids stay physically fit, mentally less stressed, able to cope with emotions and stress, and interact with kindness. Adam also founded the Kids' Association for Mindfulness in Education, and the international online Mindful Kids Peace Summit. Adam is certified in Mindfulness Based Stress Reduction for Teens, Kidding Around Yoga, and the Emotion Code. He also recently gave a **TEDxTalk** about getting mindful and social emotional learning programs into our education system, why mental health education is so important to stopping the violence, and using our voice to make a positive difference in the world. See Adam's TEDx:

https://www.ted.com/talks/adam_avin_mindfulness_in_education_to_lower_stress_and_violence

Adam was recently invited to speak to the Broward County School Board about the new Florida law mandating mental social emotional education in middle and high schools, and he was invited to participate on the Supt.'s Mindfulness Committee in order to improve upon this curriculum as part of the culture of schools. See Adam's speech to the Broward County School Board: <https://www.youtube.com/watch?v=-yGT8NXJ7lc&t=10s>



*Join over 70 experts for the Mindful Kids Peace Summit
For Tweens, Teens and their Teachers and Parents*

50 hours of content, with New Videos from Dan Harris, Gina Biegel, & more
Teen Mental Health Advocates!

The **Mindful Kids Peace Summit** for tweens and teens, is an online initiative for middle and high schools, providing curriculum to help engage students in social emotional learning, positive psychology, enhanced physical and mental health and wellbeing, and mindfulness. Students learn tools to help them cope with stress, deal with emotions, and grow into happier peace loving adults. We address subjects like diversity, inclusion, communication, kindness, anti-bullying, mindfulness as a tool to deal with stress, learning to interact with others, self-awareness, self-regulation, self-compassion, resilience, positive psychology, collaboration, empathy, and more. Adam interviews many of the pioneers in the mindfulness and psychology fields, and the students enjoy learning from a peer. More than 80 subject matter experts talk, demo, or give a presentation.

Adam was featured in Mindful Magazine, the premier mindfulness magazine in the industry:

<https://www.mindful.org/peace-begins-with-me/>