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By Elizabeth Harrington
[The Washington Beacon](#)

The Department of Education is spending upwards of \$2.5 million to bring a mindfulness intervention to kindergarteners in Chicago, where kids can go to “calm spots” in the corner to watch nature videos.



The National Institutes of Health has spent over \$100 million studying the New Age meditation technique, but it is not the only federal agency pouring federal funding into mindfulness. The Education Department has introduced a “Calm Classroom” program into 3,000 schools through its Investing in Innovation fund, costing taxpayers \$2,513,093.

“Mindfulness is a secular, psychological mode involving non-judgmental focus on present-moment sensations, and has been shown to have a number of benefits to well-being,” the grant abstract for the project states. “Our project offers an innovative approach not only because mindfulness is unique relative to traditional social-emotional learning (SEL) programs, but also because of added elements designed to replenish children’s focus directly back into the content of school, including always-available ways to take very brief ‘brain breaks.’”

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