

B'nai Tzedek Young Philanthropy Grant Program

PROJECT TITLE:

I. Proposal Summary (Executive Summary) for use on ballot.

The Proposal Summary should be about one paragraph of 1-3 sentences and should include the most general description of the use that will be made of the funds. Be concise and compelling, your readers are age 13-32.

Children can suffer from a variety of mental health struggles. In a world of rising pressures and rising anti-semitism, this grant would allow for the creation of a 'Peace Garden' that would outwardly express our organization's desire to promoting peace. It would also encourage our community to foster peace and mindfulness within themselves and provide a safe space for children to experience a peaceful and calm environment and engage in activities that promote their emotional health.

II. Project Description (Program Narrative)

What is the problem or need you are trying to address and how will you do it?

Do your best to keep this document to 1 page.

This section *should provide the reader with an* explanation of the problem or need the program will address as well as who and how many people will be impacted by this funding. Remember funding is over 3 years in the amount of \$5,000 per year, totaling \$15,000.

The goal for this grant is to create a safe space, or 'Peace Garden' that fosters the mental health of children and encourages both an internal peace and mindfulness inside of them while outwardly promoting our vision of peace in the world.

The grant would transform an unused outdoor space into a multipurpose space that will both connect individuals and small groups to their minds and bodies. The empty space will turn into one that facilitates multiple modalities for fostering this connection. A 'brain break' can be used to describe an amount of time that allows a child to disconnect from the action that they are struggling with and encourage them to mentally and emotionally regroup. By installing a small rock wall, students will be able to take a 'brain break' that encourages them to connect physically to mindful movements and breathing exercises. Installing a small hydroponic area will allow students to garden and contribute to the growth of another living thing. Seating will be installed that will allow for students to take part in individual reading or meditation time, while also allowing groups to come together and engage in group lessons and activities that explore social and emotional growth, teamwork, and kindness.

Whether a child chooses to connect in the present moment through personal reading, or through taking some time to climb the rock wall, or even through connecting with the plants and harvesting, the area will provide a safe and comfortable place for students to feel peaceful and content.

We will also install a 'peace pole' that serves as affirmation to the students that it is a safe place, and it will also say the word peace in English and Hebrew, along with a few other languages. It will remind us of our hopes for peace within the world, and it will also remind us that the peace will begin with us. We would also like to use some of the funding if possible to provide some mindfulness training/programs to some staff who could help our organization to provide these tools to children and adults.

Over 100 students aged 5-13 will be able to use this space daily, and there is upwards almost 300 children who would benefit from the space within the general organization who could possibly benefit from the space.