

# MIND BODY SOUL (MBS)

## Whole-Human Development for a Flourishing Life

### Why We Teach It

For generations, schools have measured success primarily through grades, test scores, and college acceptance.

Those things matter.

But they don't tell us whether a young person can navigate adversity, build healthy relationships, regulate emotions, make wise decisions, discover purpose, or contribute meaningfully to their community.

At Changemaker Education, we believe these abilities shouldn't be left to chance. They deserve to be taught.

**It's far easier to help a child develop resilience, self-awareness, and healthy habits than it is to help an adult unlearn years of anxiety, disconnection, or self-doubt.**

Our Mind Body Soul (MBS) Framework is woven throughout every Changemaker microschool to intentionally develop the human skills that help young people flourish, not only in school, but throughout life.

### Why It Matters More Than Ever

Today's students will graduate into a world unlike any generation before them. Artificial intelligence will continue transforming how we learn, work, and solve problems, but technology will never replace our need for empathy, resilience, sound judgment, creativity, meaningful relationships, or purpose.

What remains uniquely human is how we think, connect, adapt, create, and care for one another.

That makes qualities like emotional intelligence, resilience, ethical judgment, collaboration, purpose, and nervous system regulation more important, not less.

**Growing research, including Harvard's work on human flourishing and the increasing emphasis on human skills by employers and educators, reinforces that these aren't "soft skills." They're life skills.**

# What Students Develop Through the MBS Framework

## Mind

- Self-awareness
- Growth mindset
- Emotional intelligence
- Critical thinking
- Healthy Decision-making
- Purpose and identity

## Body

- Nervous system regulation
- Mindfulness
- Healthy habits
- Stress management
- Body awareness
- Resilience

## Soul

- Empathy
- Gratitude
- Healthy relationships
- Community care
- Integrity
- Service and contribution

## How We Bring It to Life

We believe small, relationship-centered learning environments create the conditions where these qualities can be intentionally nurtured every day, not squeezed into 30 minutes once a week. Students will be guided through:

- Reflection and journaling
- Mindfulness and breathwork
- Collaborative problem-solving
- Conflict resolution
- Community circles
- Service learning
- Movement and body awareness
- Gratitude practices
- Purpose exploration
- Real-world leadership opportunities

## A Shared Foundation

While all our microschools provide small, tailored learning environments that emphasize project-based learning and self-directed education, every Changemaker microschool looks different by design. Founders build schools around their own passions, gifts, and communities. We have microschools with a variety of focuses: performing arts, nature, leadership, STEM, life skills, athletics, career education, etc. That freedom is intentional.

Yet every Changemaker microschool shares one unwavering commitment: Helping young people flourish. The Mind Body Soul Framework provides that common foundation, ensuring every learner develops not only academically, but emotionally, socially, physically, and personally.

**Because the greatest predictor of a fulfilling life isn't simply what you know.  
It's who you become.**

