

2025-2026 Impact Commitment

CHANGING THE WORLD ONE MINDFUL KID AT THE TIME



WORTHY BEYOND PURPOSE

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LETTER of GRATITUDE
FROM OUR EXECUTIVE DIRECTOR



Dear WBP Community,

When I think about this past year, the word that comes to mind is **possibility.**

At Worthy Beyond Purpose, we believe meaningful change begins within. When a child learns to pause before reacting, recognize what they are feeling, take a breath, and make an intentional choice, something powerful begins to shift.

And that shift doesn't stop with one child.

It ripples into the way they treat a classmate, respond to a teacher, communicate at home, and move through the world.

Our vision is bold: a generation of emotionally healthy, self-aware, resilient young people who have the tools to navigate life's challenges with confidence and compassion.

This year, we reached 2,700 students across nine Los Angeles schools, while continuing to expand our work with educators, families, veterans, Girl Scouts, and our broader community.

But our impact is about more than numbers. It's the child who remembers to breathe before reacting. The classroom that feels calmer and more connected. The student who takes a mindfulness tool home and shares it with someone they love. In fact, 72% of our students report using mindfulness tools at home or with friends.

That is the ripple we believe in.

None of this happens alone. It takes educators, families, facilitators, partners, donors, and a community that believes investing in children's emotional well-being can change what is possible for their future.

Thank you for believing in this work and growing alongside us.

Together, we are helping raise a generation that knows how to pause, listen within, respond with intention, and carry that awareness into the world.

In Gratitude,

Connie Clotworthy
Executive Director
Worthy Beyond Purpose

"If every 8-year-old in the world is taught meditation, we will eliminate violence from the world within one generation"

-The Dalai Lama

WORTHY BEYOND PURPOSE
IMPACT COMMITMENT

The Worthy Beyond Purpose (WBP) mindfulness journey begins in the classroom — but its impact extends far beyond it. Through consistent, age-appropriate mindfulness practices, children learn how to pause, regulate their emotions, and make thoughtful choices that carry into their homes, relationships, and communities.

OUR VISION

We envision a world where every child is equipped with the tools to navigate their emotions, make mindful decisions, and respond to life with compassion and confidence.

We strive to foster supportive environments where children develop self-awareness, empathy, and a strong sense of purpose — both in and beyond the classroom.





YOUR GENEROSITY IN ACTION

Your support makes it possible for Worthy Beyond Purpose to bring mindfulness to life through

1. Mindfulness Education: Providing high-quality, developmentally appropriate mindfulness education that equips children with lifelong tools for mental and emotional well-being.

2. Empowerment Through Practice: Teaching practical, accessible techniques children can use in real moments — helping them manage stress, build resilience, and respond with intention.

3. Community Engagement: Creating a supportive network of students, families, educators, and facilitators who grow together and reinforce mindfulness beyond the classroom.

4. Continual Growth: Expanding our reach and refining our programs to ensure we are meeting the evolving needs of the children and communities we serve.

TRANSFORMING LIVES
THROUGH YOUR SUPPORT

In the 2025-26 school year, your generosity made these milestones possible:

Growing Our School Family

Welcomed **two new partner schools**

- Dolorus T. Richardson Elementary
- Thomas Edison Elementary

Teaching at a total of 9 schools across Los Angeles - **2700 students.**



Empowering The Girl Scouts

- Hosted **9 mindfulness events** (8 in-person, 1 virtual)
- Girls earned **Mindfulness & Emotions patches**

Tools for calm, confidence, and connection.



A Teacher's Tool Kit

Launched **2 online trainings**

- WBP Facilitators
- Classroom Teachers

Additional trainings in development for parents & individuals.



Wellness for Veterans

Serving **4 Veteran sites**

- Monthly yoga & sound bath sessions
- Spaces for restoration, resilience, and healing



Weekly Free Online Meditations

- **Community meditation every Wednesday at 10 AM PT**
- **Hundreds of adults cultivating calm, clarity, and connection**

Building Community

- Hosted **Quarterly BreathWork & SoundBath Events**
- 350+ participants gather for reflection, healing, and connection.

MEASURABLE GROWTH

What Students Are Doing Differently – Right Now.



72%
OF STUDENTS

72% Mindfulness Beyond The Classroom

72% of students use mindfulness tools at home or with friends — showing that calm, awareness, and compassion extend beyond school walls.



85%
OF STUDENTS

85% Reach Change, Felt Daily

85% of students report learning to listen to their bodies and process emotions before they erupt. Nearly half say they get in trouble less since learning mindfulness tools.



TEACHERS OBSERVED:

- Greater emotional maturity and focus during class
- Calmer, more present classrooms immediately following mindfulness lessons



SUSTAINED SCHOOL WIDE GROWTH OVER TIME

Schoolwide Social-Emotional Learning (SEL) Outcomes
Data from SEL Labs across schools partnering with Worthy Beyond Purpose over the past four years.

19% Deeper Empathy & Connection
Students show greater understanding of others, creating more supportive classrooms.

11% Stronger Self-Regulation
Students pause, breathe, and respond with intention during conflict.

9% Growth in Emotional Intelligence
Consistent, schoolwide gains in emotional awareness and regulation.

OUR MINDFUL SCHOOLS

We are grateful to partner with schools and organizations committed to the well-being of children and communities. Together, we are cultivating calmer classrooms and more mindful futures.

Bright Star Schools - Valor Academy Elementary

Citizens of the World Charter Schools - Mar Vista Elementary

Citizens of the World Charter Schools - East Valley Elementary

Citizens of the World Charter Schools - West Valley Elementary

Ecole Claire Fontaine - Abbot Kinney

Ecole Claire Fontaine - Venice

South Ranchito Dual Language Academy - Pico Rivera

Dolores T. Richardson Elementary - Inglewood

Thomas Edison Elementary School _ Glendale

JOIN US

Together, we can continue bringing mindfulness, emotional awareness, and calm into the lives of children who need it most.

Your support helps ensure every child has access to tools for confidence, connection, and self-regulation — in school and beyond.



CONTACT US:

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