



## Mindfulness & Wellness Badge Provider Application



### **About This Badge**

This accreditation is awarded to programs that help children develop inner calm, emotional strength, and physical fitness. It is intended for providers who promote confidence, focus, and self-discipline through wellness practices, mindfulness, and holistic care.

### **Section 1: General Provider Information**

Program Name: \_\_\_\_\_

Physical Program Address: \_\_\_\_\_

Legal Business/Organization Name: \_\_\_\_\_

Contact Name & Title: \_\_\_\_\_

Website Link: \_\_\_\_\_

### **Section 2: Eligibility Criteria**

To earn the Mindfulness & Wellness badge, providers must demonstrate a commitment to emotional, mental, and/or physical well-being through the following:

- 1. Emotionally Supportive Practices – Activities include breathwork, journaling, gratitude practices, or spiritual reflection.** *Describe the emotional or reflective practices used in your sessions.*
  
- 2. Safe & Respectful Environment – Activities promote empathy, inclusion, communication, and healthy peer interactions.** *How do you support a safe and inclusive emotional environment for children?*

- 3. Intentional Teaching of Wellness Concepts – Instruction includes topics like self-awareness, emotional regulation, balance, rest, resilience, or faith-based values.**

*Explain the key wellness topics you intentionally teach or explore.*

- 4. Time Set Aside for Inner Wellness – Programs include consistent time (daily or weekly) dedicated to mindfulness, reflection, or emotional growth.** *How often and in what way is inner wellness time built into your program?*

- 5. Non-Academic Focus – Activities are clearly centered on well-being and emotional/physical balance, not just academic instruction.** *Explain how your wellness activities go beyond academics.*

***Section 3: Suggested Qualifiers (At least 2 recommended)***

Please check all that apply and provide a brief explanation of how these are included in your program. Programs should meet at least two:

- ☐ **Yoga or Movement Practice** – e.g., guided yoga, stretching, body flow routines
- ☐ **Martial Arts or Discipline Training** – e.g., karate, taekwondo, or structured fitness
- ☐ **Mindfulness or Spiritual Journaling** – e.g., gratitude logs, prayer journals
- ☐ **Peer Connection or Circle Time** – e.g., emotional check-ins, affirmations, devotions
- ☐ **Nature-Based Wellness** – e.g., mindful nature walks, grounding activities outdoors
- ☐ **Fitness & Energy Outlets** – e.g., obstacle courses, cardio play, balance routines
- ☐ **Guided Breathwork or Visualization** – e.g., breathing techniques, using imagination
- ☐ **Nutrition or Self-Care Education** – e.g., health tips, sleep awareness, hygiene

Use this space to explain your selections above and provide examples:

***Section 4: Quality, Impact, and Intentionality***

**6. What makes your program different from a general recreational class?**

**7. How do you evaluate the impact of your wellness-focused activities on student well-being?**

**8. Is there anything else you'd like to share that shows your commitment to wellness-based education?**

### ***Section 5: Supporting Documentation***

- A sample weekly schedule and scope of wellness time
- 3–5 photographs showing your wellness-based learning environment and activities
- A brief bio, relevant qualifications, and wellness philosophy of the instructor(s)

### ***Section 6: Agreement***

I confirm that the information provided in this application is accurate and that our program meets the expectations of **ParentApproved.org** in offering safe, intentional, and enriching learning experiences for children.

By submitting this application, I agree that my responses may be reviewed for accreditation purposes and used to help create our provider profile. Public-facing details (such as program descriptions or photos) may be shared with my approval. Personal or sensitive information will remain confidential and will never be sold or shared with third parties.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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#### **1. *Submit Completed Application***

Email your application and supporting documents to: [apply@parentapproved.org](mailto:apply@parentapproved.org)

#### **2. *Initial Review (within 7–10 business days)***

Our team will review your responses, supporting materials, and alignment with eligibility criteria.

#### **3. *Follow-Up (if needed)***

We may request clarification or offer guidance to help meet badge or banner standards.

#### **4. *Approval & Invoice***

If your program meets the requirements, we will issue an invoice for the selected badges and banners.

#### **5. *Official ParentApproved.org Banner & Directory Listing***

Once payment is received, your program will receive an official banner that you can display on your website and a custom listing in our ParentApproved.org Directory.