

Mindful Moments Teacher Training

Fall 2019/October Cohort #7

Last day to register for course: September 20, 2019

Blended Learning Model with Community of Practice (COP)

In Person sessions meet from 4:30 – 6:00 pm at Kent ISD

DATE	Community of Practice	Mindful Schools	TOPIC
MINDFULNESS FUNDAMENTALS (MF) Adult Mindfulness Practice			
October 3 Thursday	COP #1 In person		• Introduction to COP, reflections, practice, connections
October 4		MF - Week 1 On-line	Mindfulness of the breath
October 11		MF - Week 2 On-line	Mindfulness of the body
October 18		MF - Week 3 On-line	Mindfulness of Emotions
October 24 Thursday	COP #2 In person		• Reflections, Practice, Connections
October 25		MF - Week 4 On-line	Development of the Heart
November 1		MF - Week 5 On-line	Interaction with others
November 8		MF - Week 6 On-line	Everyday mindfulness
November 14 Thursday	COP #3 In person		• Reflections, Practice, Connections
MINDFUL EDUCATOR ESSENTIALS (MEE) Learn to Teach Mindfulness to Students K - 12			
November 21		MEE - Week 1 On-line	Curriculum introductions
November 28		MEE - Week 2 On-line	Mindful Teaching
December 5 Thursday	COP #4 In person		• Reflections, Practice, Connections
December 5		MEE - Week 3 On-line	Mindfulness in Education
December 12		MEE - Week 4 On-line	Working with Resistance
December 19		MEE - Week 5 On-line	Research and Neuroscience
December 26		MEE - Week 6 On-line	Live group consult
January 9 Thursday	COP #5 In person		• Reflections, Practice, Connections *Demo's in classrooms
January 23 Thursday	COP #6 In person		• Reflections, Practice, Connections *Demo's in classrooms

*I will be scheduling trips to your classroom during the whole month of January to either give you feedback e.g. coaching on a lesson you teach or to do a demonstration lesson in your classroom with your students.

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