

Learn How to Teach Mindfulness

New Blended Learning Model Using Mindful Schools Online Content with Face to Face Meetings

Offered at your School if you have 10 or more participants

Phase 1: Teacher Wellness

Mindfulness Fundamentals: Develop a personal mindfulness practice to deepen self-awareness and increase well-being.

The central objective of this course is to introduce you to mindfulness meditation and help you cultivate a personal mindfulness practice. Both beginners and those with significant experience find this course extremely worthwhile.



Course Content begins – February 25, 2019

In this six-week blended learning course, you will learn the basics of mindfulness meditation through a series of videos, readings, reflections, and guided mindfulness practices. This **Mindful Schools** course also covers current scientific research on mindfulness and the brain, emotion regulation, and compassion.

The course is facilitated by a highly experienced Guiding Teacher who directs the learning process by answering questions, providing ongoing feedback, and synthesizing emerging themes on line and **3 'in person' sessions** (at the beginning, middle and end of the 6-week on line course). Course highlights:

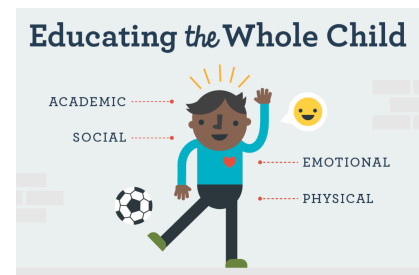
- The basics of mindfulness meditation
- How to work with thinking that arises while practicing mindfulness
- Techniques for meeting and navigating intense emotions
- Practices that cultivate positive states of mind like gratitude, kindness, joy & compassion
- The role mindfulness plays in communication and interaction
- Support for developing a daily sitting practice

Investment: Phase 1 & 2 are purchased as one unit **\$550.00** for both online courses and 6 face to face sessions with a Certified Mindful Schools Instructor. Regular price for both courses through Mindful Schools online version only is \$675.00. This is being offered at a \$125.00 savings **and** includes the 6 face to face sessions.

Phase 2: Teach Mindfulness

Mindful Educator Essentials: Teach mindfulness to youth to build attention, self-regulation, and empathy.

Learn how to integrate mindfulness into your work with youth using our [research-backed](#) K-12 **Mindful Schools Curriculum**. Our curriculum – used by educators, mental health professionals, social workers, and parents across the U.S. and over 100 countries – is adaptable for classrooms, after-school programs, clinical settings, and home. It uses developmentally appropriate language for explaining key mindfulness concepts and practices to youth.



Course Content begins – April 18, 2019

In this six-week blended learning course, you will learn the basics of teaching mindfulness to students, including 3 'in person' sessions with a highly experienced Guiding Teacher.

- Curriculum for All Levels Pre-K to 12th grade
- Manuals on facilitation, classroom management plus a Parent Manual and Classroom Manual and **much more**.

Credits: Educators and eligible Mental Health Professionals may receive credits or SCECHs. This course is aligned with the [School Improvement Framework](#) II.ST5.N

Phase I & 2: Courses: Hours - 45
SCECHs- 36-45

Registration: Deadline February 15, 2019
Kent ISD registration open soon.

Contact Information:

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