

# Mindful Moments Teacher Training



## Why Mindfulness is Needed in Education

### The Impact of Toxic Stress on School Communities

*Healthy stress* is a natural part of life, including childhood. Children and adults alike need to be challenged in order to grow and develop. However, in the modern education system, *healthy stress* is frequently displaced by *toxic stress*. Toxic stress occurs when life's demands *consistently outpace* our ability to cope with those demands.

Solid scientific evidence suggests that mindfulness interventions improve attention, self-control, and emotional resilience, recovery from addiction, memory and immune response.

### How to Bring Mindfulness to Your School Setting




After a lot of research into best practices, we chose to work with [Mindful Schools](#). They have created a network of educators from all 50 U.S. states and 100+ countries impacting more than 1,500,000 children and adolescents worldwide.

### Mindfulness with Teachers

When teachers learn mindfulness, they not only reap personal benefits such as reduced stress and burnout but their schools do as well. In randomized controlled trials, teachers who learned mindfulness reported greater efficacy in doing their jobs and had more emotionally supportive classrooms and better classroom organization based on independent observations.

### Mindfulness with Students

Studies find that youth benefit from learning mindfulness in terms of improved cognitive outcomes, social-emotional skills, and well-being. In turn, such benefits may lead to long-term improvements in life. For example, social skills in kindergarten predict improved education, employment, crime, substance abuse and mental health outcomes in adulthood.

 <p>A practice, not a fad</p>	 <p>Short, simple, adaptable</p>	 <p>Adoption, not roll-out</p>
Mindfulness truly comes from the inside out. We prioritize personal mindfulness practice as the foundation for successful programs.	Our curriculum requires no heavy prep, no big manuals, only limited class-time. And it integrates easily into your school day.	We believe the most effective way to grow Mindfulness in Education is one committed educator at a time.

# Mindful Schools - Sustainable, blended learning model of instruction

## Learn how to teach mindfulness in your classroom

We are currently piloting a blended learning model in which course content is acquired online through the experienced teachers at Mindful Schools but will be facilitated utilizing face-to-face practice/learning sessions with Patricia Ward, Mindful Schools Guiding Teacher. The purpose will be to create \*'communities of practice' within a geographic area, school building or school district, which will serve to provide sustainability of this social emotional learning practice.

**Cost: \$550.00** per person for both courses and in person support. Normal price for both online classes (with no face to face meetings or coaching): \$675.00

### Phase 1: Mindfulness Starts with You - Be the Change

Increase well-being by becoming a Mindful Practitioner. The central objective of this course is to introduce you to mindfulness meditation and help you cultivate a personal mindfulness practice.

- Interested staff complete: [Mindfulness Fundamentals](#)
  - An introductory 6-week online course provides the basics to develop a personal mindfulness practice
  - Three in person sessions at the beginning, middle and end of the 6 weeks.
- Adults begin a personal mindfulness practice, which will be sustained through a 'community of practice'.

### Phase 2: Teaching Mindfulness in the classroom

Learn how to integrate mindfulness into your work with youth using our [research-backed](#) K-12 Mindful Schools Curriculum.

- Interested staff complete: [Mindful Educator Essentials](#)
- Teachers/staff learn how to teach Mindfulness to students K - 12<sup>th</sup> grade
  - 6-week online course with 2 in person sessions during the 6 weeks.
- Teachers will begin teaching mindfulness lessons within their classrooms and be supported through 'communities of practice'.

### Phase 3: Sustainability through a Community of Practice

- **\*Community of Practice**
  - Personal Practice - adults practice mindfulness
  - Student Mindfulness Lesson sharing, practice, and review
  - Share community happenings/support
- Demonstration teaching within the classroom by a certified mindfulness instructor upon request.
- Teachers may request coaching (e.g. they will teach a lesson and a certified mindfulness instructor will provide feedback).

**\*Community of practice:** groups of people who share a concern or a passion for something they do and learn how to do it better as they interact regularly.

## INSTRUCTORS



### **Patti Ward, M.Ed.**

*Mindful Schools Guiding Teacher*

*Mindful Moments in Education, LLC*

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Patti has been practicing mindfulness for many years and will confirm that it has changed her life in immeasurable ways. She has been teaching the Mindful Schools Curriculum since the spring of 2013. She has taught K – 12th graders in both private and public-school settings. She graduated from the Mindful Schools Yearlong Teacher Certification program in 2015, served as a mentor for the last two years and is now a Guiding Teacher for this program. She has also received training in *Making Friends with Yourself*, *Learning to Breathe*, and *Koru Mindfulness*.

With over 35 years of experience in the field of education and a M. Ed. in the area of Learning Disabilities, she has loved every aspect of her career. Whether it was as a special education teacher, a teacher consultant, a curriculum director, a professional learning consultant, title I director, adjunct instructor at Aquinas, CMU, or GVSU, educational consultant for Kent ISD or a supervisor for special education interns for GVSU, each role has taught her so much about the stressful and yet amazing educational system. Evidence is mounting about the positive effects that Mindfulness can play in our schools. Perhaps this is the future of education, and it can begin with us.



### **Cheryl Blackington**

*Certified Mindfulness in Schools*

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Cheryl Blackington had 37 years of teaching in the public schools before retiring and becoming involved teaching mindfulness to youth. She is certified to teach mindful stress reduction through Mindfulness in Schools (.b), and has been teaching mindfulness to youth for the past six years. She has numerous other trainings in the mindfulness arena: Adult 8 week Mindfulness Based Stress Reduction and Self Compassion classes, a variety of Mindful Schools courses, Koru for the college age, and a Self-Compassion week long training to teach youth self-compassion and heartfulness. Cheryl has taught students ranging from 2nd grade through college age through Grand Rapids Center for Mindfulness and in area public schools.

Patricia Ward, M.Ed., Mindful Schools Guiding Teacher

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