



# Mindful Moments in Education

*Building communities of compassion through the practice and support of mindfulness at school and at home.*

**What is Mindfulness? What does it look like in schools? How do you create a sustainable program? How does it fit within a Social Emotional Learning context or MTSS (multi-tiered system of support)? What are the benefits to bringing it into your school?**

**Schedule a Free 30 – 45 minute presentation to learn more:** (must be within 75 mile radius of Grand Rapids and be 10 or more people).



## We can present at your:

- Teacher Staff Meeting
- Professional Development Day
- After School Meeting
- PTO
- Lunch Meeting

## Suggested Agenda:

- Definition and background of mindfulness
- **Demonstration of some of the lessons** we do with the kids so the adults get an experiential understanding of mindfulness
- Summary of research and neuroscience supporting mindfulness
- Description of 'in-class' program
- Description of Teacher Training Program, *Communities of Practice*
- Question and Answer time

## **Credentials:**

The [Mindful Schools](#) Curriculum has been used with more than 200,000 students nationally and internationally. They were the first mindfulness with youth program to complete a randomized control study. The [study](#) showed improvement in attention, impulse control, self-awareness, and care for others.

**Registration:** <https://goo.gl/VCYiyN>

## **CONTACT INFORMATION:**

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