



## Mindful Moments in Education

---Building communities of compassion through the practice and support of Mindfulness at school and at home.

---

### Mindful Moments in Education Proposal for Mindful Schools Curriculum

#### Mindful Schools Program Description:

Our in-class, school-wide program may be the most effective way to introduce and integrate mindfulness into your school community. It includes:

- 16 lessons in each class; visiting classes for 15 minutes 2x/week (High School program can be modified to fit schedule and course needs)
- Mindfulness bells for each class
- A Classroom Teacher Manual for all teachers
- Three additional 30-minute teacher and staff training's
- One additional 30 to 40 minute parent information event

#### Outcomes:

Mindfulness supports the social-emotional goals of many schools in the current educational environment. A growing body of research and neuroscience has shown many benefits of mindfulness:

- Better focus and concentration
- Increased sense of calm
- Decreased stress & anxiety
- Enhanced health
- Improved impulse control
- Increased self-awareness
- Skillful responses to difficult emotions
- Increased empathy and understanding of others
- Development of natural conflict resolution skills

Cost per classroom: **\$300.00**