



Mindful Moments in Education

(Sponsored by the Grand Rapids Center for Mindfulness)

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

In-Class Program Details

Free 45-minute presentation:

The first step in pursuing an in-class program is to schedule a free 45-minute presentation for your staff. We highly recommend scheduling a free presentation for parents and guardians as well. This presentation includes:

- Definition and background of mindfulness
- Summary of the work of Mindful Schools
- Benefits seen in children
- 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 program and what it looks like in the classroom

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)
- Mindfulness bells for each class
- Mindfulness workbooks for each student
- A Classroom Teacher Manual for all teachers
- Three additional 30-minute teacher and staff trainings
- One additional 1 hour parent training

Lesson Titles Examples- Elementary:

- Mindful Listening
- Mindfulness of Breathing
- Sending Kind Thoughts
- Body Awareness
- Generosity
- Mindful Seeing
- Mindful Movement & Walking
- Kind and Caring on the Playground
- Mindful Eating
- Mindfulness of Thoughts
- Gratitude
- Test taking

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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:

This program is \$400.00 per classroom with a minimum of 2 classrooms. School-wide or multiple classroom rates are negotiable.

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.

CONTACT INFORMATION:

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