



# Mindful Moments in Education

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

## In-Class Program Details – Secondary Level

### 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 Teens
- Demonstration of some of the lessons
- 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) OR \*\*
- Mindfulness bells for each class
- A Classroom Teacher Manual for all teachers
- Three additional 30-minute teacher and staff trainings
- One additional 1 hour parent training

Lesson Titles Examples- Secondary:

- Emotions
- Mindfulness of Sound
- Response vs. Reaction
- Anchor Breath
- It's Not Just About Me – It's About Us
- Thoughts
- Mindful Eating
- Trees in a Forest – Connection to Others
- Body Scan
- Soaking in the Good
- Judgment
- Mindful Walking
- 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

## 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.

\*\*A variety of high school options are available for implementation.

- All teachers may opt for the 15 minute lesson, twice a week for 8 weeks
- Content can be configured to be presented within a core or elective class utilizing an hour class format. E.g. Health class, Psychology class, Elective class, etc.
- Or contact me and we will discuss an option that best fits your current needs and schedule.

## **CONTACT INFORMATION:**

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