

# Learn How to Teach Mindfulness

New Blended Learning Model Using Mindful Schools Online Content with Face to Face Meetings

## Phase 1: Teacher Wellness

**Mindfulness Fundamentals:** Develop a personal mindfulness practice to deepen self-awareness and increase well-being.

**The central objective of this course is to introduce you to mindfulness meditation and help you cultivate a personal mindfulness practice.** Both beginners and those with significant experience find this course extremely worthwhile.



### Course Content

In this six-week blended learning course, you will learn the basics of mindfulness meditation through a series of videos, readings, reflections, and guided mindfulness practices. This **Mindful Schools** course also covers current scientific research on mindfulness and the brain, emotion regulation, and compassion.

The course is facilitated by a highly experienced Guiding Teacher who directs the learning process by answering questions, providing ongoing feedback, and synthesizing emerging themes on line and **3 'in person' sessions** (at the beginning, middle and end of the 6-week on line course). Course highlights:

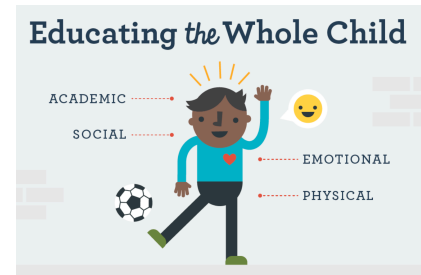
- The basics of mindfulness meditation
- How to work with thinking that arises while practicing mindfulness
- Techniques for meeting and navigating intense emotions
- Practices that cultivate positive states of mind like gratitude, kindness, joy & compassion
- The role mindfulness plays in communication and interaction
- Support for developing a daily sitting practice

**Investment:** Phase 1 & 2 are purchased as one unit **\$550.00** for both online courses and 6 face to face sessions with a Mindful Schools Guiding Teacher. Regular price for both courses through Mindful Schools online version only is \$675.00. This is being offered at a \$125.00 savings **and** includes the 6 face to face sessions.

## Phase 2: Teach Mindfulness

**Mindful Educator Essentials:** Teach mindfulness to youth to build attention, self-regulation, and empathy.

Learn how to integrate mindfulness into your work with youth using our [research-backed](#) K-12 **Mindful Schools Curriculum**. Our curriculum – used by educators, mental health professionals, social workers, and parents across the U.S. and over 100 countries – is adaptable for classrooms, after-school programs, clinical settings, and home. It uses developmentally appropriate language for explaining key mindfulness concepts and practices to youth.



### Course Content

In this six-week blended learning course, you will learn the basics of teaching mindfulness to students, including 3 'in person' sessions with a highly experienced Guiding Teacher.

- Curriculum for All Levels Pre-K to 12<sup>th</sup> grade
- Manuals on facilitation, classroom management plus a Parent Manual and Classroom Manual and **much more**.

**Credits:** Educators and eligible Mental Health Professionals may receive credits or SCECHs. This course is aligned with the [School Improvement Framework](#) II.ST5.N

Phase I & 2: Courses: Hours - 45  
SCECHs- 36-45

**Registration:** Kent ISD If interested send me an email and I will let you know when registration is available.  
Deadline: September 28, 2018

### Contact Information:

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