

MINDFULNESS

WHAT IS MINDFULNESS MEDITATION?

Join us on
Saturday, January 5, 2019

Registration and Breakfast

8:30 am – 9:00 am

Mindfulness Training

9:00 am -11:00 am

Sponsored by
Broward Chapter
of FLAEYC

2 in-service
hours

\$10
Registration

Why mindfulness through teacher instruction?

- More “bang for the buck”
- More practical

In random controlled trials, based on independent observations, teacher who learned mindfulness reportedly had:

- Greater efficacy in job performance
- Emotionally supportive classrooms
- Better classroom management
- Less stress
- Lower burnout
- Positive school climate

Mindful Meditation

By: Sarah Greene

Research in Early Childhood Education shows mindfulness practices increase and/or improves:

- Focus and attention span
- Prefrontal brain activity
- Classroom management
- Interpersonal relationships
- Compassion
- Happiness
- Resiliency
- Calmness
- Sleep

Essential oil
presentation



**START THE NEW YEAR
WITH
MINDFUL PRACTICES**



Training will be held at:

First Christian Church Day School

1860 NE 39th Street, Pompano Beach, FL 33064

Contact Michele Cabrera to register: michele.cabrera50@gmail.com