



Teacher Workshop

A Mindful Classroom

Learn how mindfulness can support well-being for students and teachers. The workshop will highlight bringing the benefits of mindfulness to classrooms, empowering children's self-management and regulation, and practicing mindfulness as an adult.

- What is mindfulness
- Benefits of mindfulness
- Mindfulness as a classroom tool
- Mindfulness practices that resonate with children
- Building mindfulness practices into our adult lives

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind.”

Jon Kabat-Zinn

