



MINDFULNESS IN THE CLASSROOM

COURSE DESCRIPTION

FOCUS • AWARENESS • ACCOUNTABILITY • RESILIENCE.

When present, these elements help students thrive in the classroom and open up the space for learning and growth to happen. Introducing the elements of mindfulness into the classroom and teaching students to develop the skill of mindfulness increases success for both the teacher and the students. Mindfulness, broken down into a simple definition, is the ability to be present and experience life in the here and now. It gives both teachers and students the ability to be more in control of their attention, communication, decision-making, and relationships, which in turn impacts the academic success and mindset of both the student and the teacher.

COURSE HIGHLIGHTS

Introduce the current factors impacting student learning and teacher performance.

Learn about the impact of stress on teacher performance, why multitasking isn't brain friendly, and how you can be more in control of your day.

Learn how our human brain and body system operates.

- Our unconscious brain.
- What our brain craves and why what drives our thinking.
- The impact of our social brain on our thinking and outcomes

The benefits of mindfulness.

What does it mean to be engaged and present?

How teachers can reduce their own stress level and improve communication through mindfulness.

How to implement mindfulness techniques into the classroom.

KEY OUTCOMES

Improved stress management tools.

Key understanding of how our brain and body system operates.

Techniques and tools to adopt to implement mindfulness for the teacher and in the classroom.

Deeper understanding of mindfulness and the benefits personally, for student learners, and in the overall classroom environment.

COMING IN 2018