

Mindful Schools

Engaging children. Supporting educators.
Transforming schools.

Level 2: Elementary School Curriculum Training

A Course Based on Experience Teaching
Nearly 10,000 Children and Adolescents



Based on the Mindful Schools K-5 curriculum, this course teaches participants **how to teach mindfulness to children in a classroom setting.**

Lessons from this course can easily be adapted for use at home, in afterschool programs, or in private therapy.

Attendees receive the Mindful Schools K-5 Curriculum, a mindfulness teacher companion manual, handouts on brain research and tips on approaching schools, and a certificate of completion.

Prerequisite for the Level 2 training is Level 1 or equivalent mindfulness experience. Please contact us for information.

Teacher Univ. Credits are available upon completion

**The Evening of Friday, October 14th
all day Saturday, October 15th
and Sunday, October 16th**

Deloitte Mid-Town Offices, New York, NY
Early Registration **Before Sep. 17th: \$385**
Regular Registration: \$485

A sliding scale and volunteer scholarships are available for applicants who need them.

What is Mindfulness?

Mindfulness is a simple, powerful technique that reduces stress and promotes well-being.

Mindfulness Benefits in School

- Easier classroom management
- Ability to address classroom difficulties that may arise
- Effective tools for relationship dynamics between students
- Tools for test-taking
- Faster social-emotional growth
- Development of natural conflict resolution skills
- Increased empathy for oneself and others
- Decreased stress and anxiety
- Improved impulse control
- Better focus and concentration

For registration, visit www.mindfulschools.org.

Questions? Contact us at (510) 535-6746 or training@mindfulschools.org.

About Mindful Schools

Since 2007, Mindful Schools has brought a 5-week program to nearly 10,000 children in 38 Bay Area schools, and trained over 1,200 adults in mindfulness. Dramatic results include increased attention, enhanced impulse control, less stress, leading to happier students and educators by addressing social-emotional needs as well as academic needs.