

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



Mindfulness is a simple, powerful technique that reduces stress and promotes well-being. Backed by over 30 years of research, mindfulness develops awareness of thoughts, emotions, and the body. In two recent studies, it has been shown to improve executive attention, which is a key predictor of academic achievement.

This second level training is based on the Mindful Schools K-5 curriculum. **This course teaches participants how to teach mindfulness to Elementary School 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. Teacher Univ. Credits are available on completion of this training.

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

Course Fee: \$485

Early Registration: \$385

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 dates and 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.