# Mindful Educator Essentials

## Course Syllabus

### Week 1: Curriculum Introduction
- Defining Mindfulness for Educators & Students
- Curriculum Overview – How the Mindful Schools Curriculum Was Developed & What It Emphasizes

### Week 2: Mindful Teaching
- How Emotions Are Transmitted in the Classroom
- The Role of the Teacher in Regulating the Nervous Systems of Children
- Techniques for Connecting Mindful Awareness to Teaching & Group Facilitation
- Lesson Demos: Mindful Listening (Elementary) and Creating Relevance (Middle & High School)

### Week 3: Mindfulness in Education
- The History of Secular Mindfulness & How It is Being Integrated Into Schools.
- Mindfulness, Social & Emotional Learning & Conflict Resolution
- Mindfulness & Secularity
- Lesson Demos: Mindful Breathing (ES) and Emotions & Mindful Listening (MS/HS)

### Week 4: Working with Resistance
- Building Relationships & Establishing a Healthy Classroom Culture
- Strategies for Working with Resistance
- Creative Compassion & Boundary Setting
- Lesson Demos: Mindful Movement (ES) and Response vs. Reaction (MS/HS)

### Week 5: Research and Neuroscience
- Overview of Mindfulness & Youth Research
- The Neuroscience of Mindfulness – The Basics of How Practice Affects the Brain
- Recommended Program Evaluation Tools
- Lesson Demos: Practicing Gratitude (ES) and Past/Present/Future (MS/HS)

### Live Group Consult
- An opportunity to interact with the faculty around any questions.

### Week 6: Implementation
- How to Structure a School Mindfulness Presentation
- Program Adaptations for Different Roles – Classroom Teachers, Outside Providers, Mental Health Professionals & Parents.
- Taking the First Step – How to Build Your Program Without Becoming Overwhelmed

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Mindful Schools is a 501(c)(3) nonprofit organization. Join us at [www.mindfulschools.org](http://www.mindfulschools.org).
Building capacities for awareness, attention, connection and compassion are essential skills for educators and students of the 21st century. Our research-backed professional development trainings are based on our work in schools and over a decade of experience training educators. Mindful Schools courses empower educators to develop and deepen their mindfulness practice, provide access to K-12 curriculum, and give adaptable strategies to spark positive change in their work with youth.

Educators, start your journey.

Foundational Courses

**Mindfulness Fundamentals**
Learn how to develop your personal mindfulness practice and your ability to be fully open, aware, and active in the present moment. Practice alongside fellow educators.

6-week online course
[Register at www.mindfulschools.org/MF](http://www.mindfulschools.org/MF)

**Mindful Educator Essentials**
Learn strategies to integrate and adapt mindfulness into your classroom using our research-backed Mindful Schools K-12 Curriculum. *Prerequisite: Mindfulness Fundamentals.*

6-week online course
[Register at www.mindfulschools.org/MEE](http://www.mindfulschools.org/MEE)

Continued Learning

**Mindful Communication**
Transform your communication patterns and explore how to cultivate trust, cooperation, and collaboration to build stronger relationships.

[www.mindfulschools.org/MC](http://www.mindfulschools.org/MC)

**Working with Difficult Emotions**
Learn practices to regulate your emotions and create greater emotional freedom. Based on the latest scientific research.

[www.mindfulschools.org/DE](http://www.mindfulschools.org/DE)

**Certification Program**
Invest in yourself as an educator and change the future of education through our immersive, year-long Certification Program.

[www.mindfulschools.org/MTCP](http://www.mindfulschools.org/MTCP)

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