



School Implementation Clinic: Detailed Syllabus

Module 1: Considerations

- Mindfulness Practice: Layers of Sound
- Introduction to Considerations
- A Note on Secularity
- Diversity, Equity, and Inclusion
- Communicating with Staff and Parents
- Feedback, Evaluations, and Data
- Journal Reflection

Module 2: Assessing and Building School Readiness

- Mindfulness Practice: The Body, The Mind, The Emotions
- Introduction to Conditions for School Readiness
- Inventory of Components for School Readiness Assessment
- Connection to other School-Wide Initiatives
- Journal Reflection

Module 3: Assessing and Building Administrative Support

- Mindfulness Practice: Trust
- Introduction to Assessing and Building Administrative Support
- The Mind of the Administrator
- How to Talk to Administrators about the Value of a Mindfulness Program
- Community Tips for Getting Administrative Support
- Journal Reflection

Module 4: Facilitating the Learning of Peers

- Mindfulness Practice: Community
- Introduction to Facilitating the Learning of Peers
- How Facilitation Differs from Teaching
- School-Wide Implementation Grant Project
- Modalities for Getting Started
- Importance of Mindfulness for Non Teaching Staff
- Journal Entry



Module 5: Resources

- Mindfulness Practice: What Will You Take with You
- Administrator Interview
- Teacher “Listening Lunches” Agenda
- School Snapshot Form
- School Mindfulness Newsletters
- Demonstration Lesson: Teacher Sign Up Spreadsheet
- Helpful Mindful Schools Blog Posts

Module 6: Concluding Steps

- Final Completion Steps
- Coaching Calls