

We're excited your school team will be joining us in **101: Mindfulness Foundations!** This 4-week course introduces you to simple, powerful mindfulness practices to use in daily life to manage stress, build resilience, and bring your full presence to your interactions with students. Here are a few quick tips to support your group's learning experience:

Before the Course Begins



Send Calendar Invites for LIVE Session Dates

Participants tell us that our **LIVE sessions** where we practice together and connect are a highlight of the course. [Look up the specific times and dates for your scheduled live sessions here.](#)



Ensure Your Group Members Receive Our Emails

Please add courses@mindfulschools.org & support@mindfulschools.org to your address book. You can also direct any enrollment or technical questions to support@mindfulschools.org.



Help Your Group Make Time for Weekly Content

New content is released each **Thursday**, and can be accessed if the previous week's content is completed. While participants can move through the content at their own pace, it's helpful that they set aside about **2 hours a week** for coursework.



Set Reminders for Course Completion

There is a **2-week grace period*** to help participants complete the course & receive a certificate. Create a calendar reminder midway through the course & one week before the grace period ends to support completion for your group.

During the Course



Model Participation in Course Forums

Sometimes participants are hesitant to be the first to post their reflections. Encourage your group by jumping in and **posting your thoughts in the course discussion forums!** You could pose a question to invite conversation.



Help Your Group Find Buddies

In the first week of the course, we ask participants to identify a Practice Buddy. We strongly encourage the use of a buddy system as a support for learning, reflection, and application. **Encourage your group members to pair up for support.**