

Mindful Schools Program Components

MINDFUL SCHOOLS FOUNDATIONAL TRAININGS

101: Mindfulness Foundations | 4-week facilitated online course

Learn the research behind mindfulness in education, and why Mindful Schools starts with adults practicing mindfulness. Practice powerful strategies to manage stress and build resilience, develop a trauma-sensitive approach to mindfulness practice, and explore cognitive biases, including implicit and negativity bias.

MODULE 1	Mindfulness Concepts and Practices. Origins, myths, secularity, and an introduction to the Mindful Schools approach to mindfulness in education.
MODULE 2	Mindfulness of the Body. Understand the neuroscience and architecture of the nervous system. Learn trauma-sensitive approaches for mindfulness practice.
MODULE 3	Mindfulness of Emotions. Explore models of emotional regulation and learn strategies to practice mindfulness with intense emotions and emotional states.
MODULE 4	Mindfulness of Thoughts. Practice strategies for compassionate responses to implicit bias and negativity bias.

201: Mindfulness in the Classroom | 8-week facilitated online course

PREREQUISITE 101: Mindfulness Foundations

Learn about mindful teaching and begin training with the Mindful Schools K-12 Curriculum to integrate and sustain mindfulness in school routines and programs. Explore how to teach mindfulness with an emphasis on culturally sustaining, inclusive, and trauma-sensitive instruction, creating safety, and fostering asset-based relationships. Learn about establishing relevance and supporting student engagement, making age-appropriate modifications, and cultivating student agency and empowerment.

MODULE 1	Grounding in Practice. Explore the research on mindfulness for teachers and how practicing mindfulness can support educators in managing stress, connecting to purpose, and avoiding burnout.
MODULE 2	Embodying Mindfulness. Deepen your understanding of “your nervous system is the intervention” by exploring how your nervous system functions as both a tuning fork and a barometer in the classroom. Explore the concepts of attunement, co-regulation, resonance, and empathy.
MODULE 3	Heartfulness with Students. Define and practice heartfulness, compassion, and equanimity while teaching, and learn how these practices support transforming relationships with students.
MODULE 4	Mindful Communication. Explore components of mindful communication (observations, feelings, needs, and requests). Consider how communication impacts a classroom’s sense of safety. Explore how mindfulness supports us in reframing “resistance” as information.
MODULE 5	Introducing the Mindful Schools K-12 Curriculum to Students. Learn the approach of the Mindful Schools K-12 Curriculum, and familiarize yourself with the curriculum structure: The Anatomy of a Mindfulness Lesson. Generate ideas for making mindfulness relevant for your students.
MODULE 6	Inclusive Mindfulness, Welcoming All Bodies. Define culturally sustaining pedagogy and critical pedagogy, and how they inform the Mindful Schools approach to teaching mindfulness.
MODULE 7	Trauma-Sensitive Mindfulness, Welcoming All Experiences. Identify specific considerations for teaching mindfulness in a trauma-sensitive way, and consider the adaptations you may need to make for your students.
MODULE 8	Sustaining a Mindfulness Culture. Explore how to integrate and sustain mindfulness in your daily school routine (for you and for your students).

MINDFUL SCHOOLS PRACTICE, PROFESSIONAL DEVELOPMENT & CONSULTATION SERVICES

Introduction to Mindfulness Practice for Educator Well-Being *(Included in all Packages)*

60- to 90-minute live event designed to engage all staff.

- Learn about the importance of educator well-being in fostering resilient and thriving school communities.
- Discover restorative practices that promote mental health in community with your colleagues.
- Learn how mindfulness practices help prevent burnout and contribute to the healing of trauma. School team leaders will meet with Mindful Schools for a post-event consultation—receive a participant survey report and discuss recommendations for next steps.

ADDITIONAL PROFESSIONAL DEVELOPMENT TOPICS

60- to 90-minute PD events

Building a Trauma-Sensitive Classroom

Learn strategies to create welcoming and safe classroom spaces, and nurture healing relationships with students.

Mindfulness and SEL for Educators

SEL isn't just for kids. Explore emotions, the stress response, and strategies to navigate challenging classroom moments.

Mindful Communication in the Classroom

Learn the fundamentals of mindful communication and techniques that can be applied in the classroom to build connection and healthy relationships.

Mindful Schools Lesson Study

Dive into one lesson from the Mindful Schools K-12 Curriculum and consider modifications and adaptations for your students and context.

Self-Compassion and Resilience

Learn about the power of self-compassion. Discover simple ways to incorporate self-compassion practices to support well-being and avoid burnout.

CONSULTATION SERVICES

School team leaders meet with Mindful Schools to align about ways mindfulness can bridge existing initiatives to address trauma and SEL program goals and needs. We provide facilitation, collaboration, and strategic planning to map and build upon areas of strengths in schools or districts. We create an intentional opt-in approach that also builds momentum for practicing and learning in community.

PROGRAM MANAGEMENT

Mindful Schools collaborates with the school or district's project lead to recruit and promote enrollment in the school/district's choice of program. We provide promotional and informational materials such as program descriptions and email templates and surveys for school/district leads to send to their staff. We provide all registration and Zoom links for courses and events, as well as manage progress reports, surveys, and data analysis.