



# Mindful Schools

Mindful Schools supports schools and districts to thrive. Our programs advance educator and student mental health through consistent, cumulative application of mindfulness practices, in community.

Our programs are designed to have an immediate and lasting impact.



**Trainings to support educator well-being.** Our adults-first approach helps teachers and staff put their own oxygen mask on first.



**Consulting and program management.** Our experts support rollout and adoption of mindfulness, and help schools make changes stick.



**Instructional coaching and curriculum.** Our faculty support educators as they bring mindfulness into their classrooms.



**Support for student mental health and youth leadership.** We partner to support youth with an approach that blends equity, art, SEL & mindfulness.



See our program in action

## Why Mindfulness?

Research shows regular mindfulness practice has major benefits for students and educators, including:



Agency  
Belonging  
Community



Stress  
Anxiety  
Burnout

## Why Mindful Schools?

With 15 years of experience, we are the experts in integrating mindfulness and education in school settings.

Since 2010, we've trained more than 70,000 educators, and currently work in 500 schools across 25 states.



[See our team in action](#)

We know educators have a lot on their plate. We make sure mindfulness isn't just one more thing.

**Instead, it's the one thing that makes everything else more effective.**

It all starts with our 101 course, [Mindfulness Foundations](#).

- **In just 4 weeks**, educators feel more **calm, connected, effective, and resilient**, changing the way they interact with students.
- **Our equity focus & trauma-sensitive content** help educators become aware of bias and create **inclusive classrooms**.
- **Facilitated courses** with asynchronous content & live support make **learning dynamic and accessible**.

Our programs are designed with, for, and by educators & our results speak for themselves. Of educators who complete our programs:



**83%**

feel more connected and present with students

**87%**

feel a greater sense of well-being



**95%**

have strategies to build a positive classroom climate

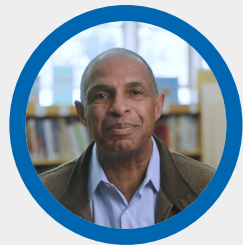
**95%**

have strategies to support themselves when stressed or overwhelmed



“ This is **EXACTLY** what we needed. I would describe this as **the greatest gift principals could provide** for their faculty and staff.

- Maurice Harper  
High School Principal



“ We believe **relationships are at the core of everything we do in our district**, including academics, SEL, and mental health. **Mindfulness supports our staff** to nurture well-being in service to our community's needs.

- Dr. Cicely Warren  
Asst Superintendent  
Paterson Public Schools



Ready to [get started](#)? Our team of educators is eager to support you.

Email: [support@mindfulschools.org](mailto:support@mindfulschools.org)

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



“Mindful Schools is our go-to organization when it comes to training and resources—what we do, how we do it, and why we do it. We were searching for that, literally for years. – Robert Caplinger, Principal



## We Partner With You to Create Thriving Schools

*You're investing in:*      *Mindful Schools supports:*

You're already investing in the well-being of your school.

Trauma-sensitive Instruction

Community strengths  
Centering healing  
Supporting regulation

Our expert faculty and program managers support you to integrate mindfulness into your existing priorities.

Equity work

Awareness of biases  
Shifting harmful habits  
Empathy and agency

Social-emotional learning

Relationship building  
Problem-solving skills  
Body awareness

Our program staff are long-time mindfulness practitioners who bring deep K-12 education, SEL, restorative practices, & equity experience to our work.

They've served as administrators, social workers, teachers, mindfulness instructors, and BIPOC and LGBTQIA+ affinity group facilitators, and have deep experience and expertise in launching initiatives, managing programs, and navigating change in complex environments.



# 2024-2025 Programs

## COURSES

### 101: Mindfulness Foundations

15-Hour Facilitated Course  
Paced over 4 Weeks

Learn practices that can resource staff during the school day and daily life, with trauma-sensitive approaches for navigating challenging emotions, working with thoughts and biases, and cultivating compassion and joy.

### 201: Mindfulness in the Classroom

30-Hour Facilitated Course  
Paced over 8 Weeks

Learn strategies to create trauma-sensitive and inclusive learning environments and share mindfulness practices with students using the Mindful Schools K-5 and 6-12 curricula.

### 201L: Mindfulness in the Classroom, Live Intensive

6 Days of Live Instruction + Retreat

During the summer, the 201 course is offered as an intensive 2-week training with live instruction.

### Mindful Communication

20-Hour Facilitated Course  
Paced over 6 Weeks

Transform your communication patterns. Explore how to cultivate trust, cooperation, and collaboration.



## WORKSHOPS, RETREATS, & PRACTICE

### Educator Workshops

#### 90-Minute Trainings

Gain actionable strategies to elevate both teaching and student well-being. These experiential trainings will bridge theory and practice, as we explore the art of integrating mindfulness into instructional strategies.

Workshop Topics Include:

- **How to Build Trauma-Sensitive Classrooms**
- **Mindfulness and SEL Strategies**
- **Mindful Games for Your Classroom**
- **Communicate for a Change**

### Mindfulness Retreats for Educators

#### 3-Hour Retreats

Nurture well-being and deepen personal mindfulness practice, in community with other educators.

### Community Practice

#### 30-Minute Practice | Free

Join our monthly mindfulness practice, guided by our faculty.

Ready to invest in well-being? Get started now.

# Additional Support for Schools and Districts

## ALL-STAFF PROFESSIONAL DEVELOPMENT

### Introduction to Mindfulness + Consultation

60- to 90-minute PD to engage your whole staff. Develop a common understanding of what mindfulness is and isn't, and experience mindfulness practices to support well-being. Post-event consultation includes participant surveys and recommendations for next steps.

Additional Topics:

- *Build Trauma-Sensitive Classrooms*
- *SEL and Mindfulness Strategies*
- *Communicate for a Change*
- *Grow Your Range of Resilience*
- *Mindfulness for Caregivers*

## IMPLEMENTATION SUPPORT

### Consultation Services

Your school team leaders meet with Mindful Schools to discuss program goals and training experience. Sessions leverage our Rubric for Assessing Schoolwide Mindfulness to create an implementation plan that addresses school wellness and culture goals.

### Instructional Coaching

Staff receive coaching and feedback on teaching mindfulness and the Mindful Schools K-5 and 6-12 Curriculum.

### Build a Culture of Mindfulness: Leadership Intensive

During the summer, we offer an interactive 3-day training + retreat for educators and school leaders to align around a common vision and develop a concrete action plan for integrating mindfulness into school culture.

[3 Days of Training + Retreat](#)

## FACILITATED LEARNING COMMUNITY

Enhance your 101 and 201 course experience with two additional live sessions exclusively for your group. Sessions include time to discuss core learnings, ask questions, and consider next steps for integrating mindfulness at your school.

“ Working with other teachers in the district helps us understand that we're not alone.



[Our team is standing by. Contact us today!](#)

	101: Mindfulness Foundations	201: Mindfulness in the Classroom	Mindful Communication	
	4 weeks with 1 live session	8 weeks with 2 live sessions	6 weeks with 2 live sessions	
<b>Jul</b>	<b>Jul 11 - Aug 7</b> Live Session: Jul 24	<b>Jul 25 - Sep 18</b> Live Sessions: Aug 5, Sep 9		
<b>Aug</b>	<b>Aug 1 - Aug 28</b> Live Session: Aug 14	<b>Aug 22 - Oct 16</b> Live Sessions: Sep 3, Oct 1		
<b>Sep</b>	<b>Sep 12 - Oct 9</b> Live Session: Sep 25	<b>Sep 26 - Nov 20</b> Live Sessions: Oct 7, Nov 4		
<b>Oct</b>	<b>Oct 3 - Oct 30</b> Live Session: Oct 16	<b>Oct 24 - Dec 18</b> Live Sessions: Nov 12, Dec 3		<b>Oct 10 - Nov 20</b> Live Sessions: Oct 23, Nov 13
<b>Nov</b>	<b>Nov 7 - Dec 4</b> Live Session: Nov 20	<b>Nov 14 - Jan 15</b> Live Sessions: Dec 2, Dec 16		
<b>Jan</b>	<b>Jan 9 - Feb 5</b> Live Session: Jan 22	<b>Jan 23 - Mar 19</b> Live Sessions: Feb 3, Mar 3		
<b>Feb</b>	<b>Feb 6 - Mar 5</b> Live Session: Feb 19	<b>Feb 27 - Apr 23</b> Live Sessions: Mar 11, Apr 8	<b>Feb 13 - Mar 26</b> Live Sessions: Feb 26, Mar 12	
<b>Mar</b>	<b>Mar 6 - Apr 2</b> Live Session: Mar 19	<b>Mar 27 - May 21</b> Live Sessions: Apr 7, May 5	 <p><b>I can't recommend this course highly enough! Practicing mindful communication has had a profoundly positive impact on ALL of my relationships in and out of the classroom as well as with myself.</b></p>	
<b>Apr</b>	<b>Apr 3 - Apr 30</b> Live Session: Apr 16	<b>Apr 24 - Jun 18</b> Live Sessions: May 6, Jun 3		
<b>May</b>	<b>May 1 - May 28</b> Live Session: May 14	<b>May 22 - Jul 16</b> Live Sessions: Jun 2, Jun 30		
<b>Jun</b>	<b>Jun 5 - Jul 2</b> Live Session: Jun 18	<b>Jun 26 - Aug 20</b> Live Sessions: Jul 8, Aug 5		

# Course Calendar: July 2024 - June 2025

## Workshops, Retreats, Intensives, & Monthly Practice

	Community Practice	Workshops	Retreats	Summer Intensives
	30-Minute Practice; Wednesdays @ 7pm ET	90-Minute Training; Wednesdays @ 4-5:30pm ET	3-Hour Retreat; Saturdays @ 11am-2pm ET	Training Varies; Both include Retreat on Jul 27
<b>Jul</b>	Jul 10		Summer Retreat Jul 27	201L: Live Intensive Jul 16 - Jul 25  Build a Culture of Mindfulness: Leadership Intensive Jul 24 - Jul 26
<b>Aug</b>	Aug 7	Trauma-Sensitive Aug 7  Mindful Games Aug 28	<p>“ I didn't think in a million years something like this could make such an impact on my life. I had no idea with all I'm going through that there could be something so simple to bring me the peace and tranquility I've been searching for.</p> <p><a href="#">Get started here</a></p>	
<b>Sep</b>	Sep 4	Mindfulness and SEL Sep 18		
<b>Oct</b>	Oct 9			
<b>Nov</b>	Nov 6			
<b>Dec</b>	Dec 4			
<b>Jan</b>	Jan 8	Communicate for a Change Jan 29	New Year Retreat Jan 25	
<b>Feb</b>	Feb 5			
<b>Mar</b>	Mar 5	Trauma-Sensitive Mar 19		
<b>Apr</b>	Apr 2			
<b>May</b>	May 7			
<b>Jun</b>	Jun 4			

## [Introduction to Mindfulness](#) (All-Staff Virtual PD Event)

Build a common understanding of what mindfulness is and isn't, and engage in simple mindfulness practices that can be used during the school day to support well-being.

## [101: Mindfulness Foundations](#) (Facilitated Virtual Course)

<b>MODULE 1</b>	<b>Mindfulness Concepts and Practices.</b> Learn mindfulness exercises designed especially for educators, discover common misconceptions, and begin practicing!
<b>MODULE 2</b>	<b>Mindfulness of the Body.</b> Understand how mindfulness helps educators navigate stress and regulate nervous system states with an embodied approach to practice.
<b>MODULE 3</b>	<b>Mindfulness of Emotions.</b> Learn strategies to work with intense emotions and emotional states, and to support pausing in stressful situations.
<b>MODULE 4</b>	<b>Mindfulness of Thoughts.</b> Practice strategies for working with thoughts, distractions, and biases, and create a plan for continued mindfulness practice.

## [201: Mindfulness in the Classroom](#) (Facilitated Virtual Course)

<b>PREREQUISITE</b>	101: Mindfulness Foundations
<b>MODULE 1</b>	<b>Grounding in Practice.</b> Explore the research on mindfulness in education, and learn practices for managing stress, connecting to purpose, and avoiding burnout.
<b>MODULE 2</b>	<b>Embodying Mindfulness.</b> Explore embodiment, attunement, co-regulation, and how your nervous system is an intervention while working with youth.
<b>MODULE 3</b>	<b>Heartfulness with Students.</b> Practice heartfulness, compassion, and equanimity while teaching, and begin to transform relationships with students.
<b>MODULE 4</b>	<b>Mindful Communication.</b> Consider how communication impacts students' sense of safety, and how mindfulness supports reframing "resistance" as information.
<b>MODULE 5</b>	<b>The Mindful Schools K-12 Curriculum.</b> Learn the Anatomy of a Mindfulness Lesson and generate ideas for making mindfulness relevant for your students.
<b>MODULE 6</b>	<b>Inclusive Mindfulness: Welcoming All Bodies.</b> Learn how to teach mindfulness in an inclusive, culturally-sustaining, and asset-based way.
<b>MODULE 7</b>	<b>Trauma-Sensitive Mindfulness: Welcoming All Experiences.</b> Learn how to teach mindfulness in a trauma-sensitive way, and consider adaptations for your students.
<b>MODULE 8</b>	<b>Sustaining a Mindfulness Culture.</b> Explore how to integrate and sustain mindfulness in your daily school routine (for you and for your students).

*"I am a more mindful, resilient educator through the ways that I now interact with my students. I listen more to what they have to say. The students have picked up and responded to my positive, calming energy that I give off.... I notice things more and I am truly starting to enjoy being in the classroom again."*

-Mindful Schools course participant