

Seeds of Mindfulness

What is Mindfulness?

We will look at the concept of mindful awareness /interpersonal mindfulness, research of Mindfulness interventions in education and mindful awareness activities you can practice on your own.

Mindfulness and emotions

We will find out about latest research on emotions, emotional reactivity and emotions as a survival mechanism to help us reflect about the teaching of SEL and emotions and classroom management

Mindfulness and stress

We will share about the effects of stress on the body, in the classroom and how mindfulness can help.

Mindful classroom

We will discuss strategies to encourage and nurture positivity and empathy in the classroom and experiment with some Mindfulness practices for children.

The quiet revolution in education - Mindfulness and school transformation. We will end the training aware of the mindfulness in education movement one can choose to be part of.