

Course: Incorporating Mindfulness into Your Classroom

Course Dates: Ongoing

Cost: \$79.00 **Credit:** 5 hours

Instructor: Robyn Parets, Pretzel Kids, Boston MA

Assignments: Video Lectures and Demonstrations, Resource Articles. Reflection Posts in Discussion Boards

Who Should Take: All K-12 Educators, PE Teachers or Out of School Time Professionals

Course Purpose/Description: You may already be aware of the growing field of mindfulness. Mindfulness is being aware of the present moment, while calmly accepting your feelings, thoughts and bodily sensations. Mindfulness programs, which often encompass yoga, meditation and breathing techniques, are now in high demand in schools all over the United States. Research shows that mindfulness skills improve memory, organizational skills, reading and math scores, all while giving kids the tools they need to handle toxic stress.

Moving stress from toxic to tolerable involves increasing the number of protective relationships in children's lives and helping them learn how to regulate their nervous system, which is where mindfulness comes in. This skill allows children to manage their internal world regardless of what comes at them externally, which is a concept that even young children like Faith can understand. (mindful.org)

Goals/Objectives: On completion of this course, learners will:

- Articulate the benefits of mindfulness for students ages 4 and up
- Familiarize teachers and educators with the basics of breathing techniques
- Familiarize teachers and educators with the basics of short visualization (meditation) techniques
- Provide adequate tools and resources for teachers and educators to adapt mindfulness for the specific needs of their classes, making it relative to classroom content and beneficial to both teachers and their students.

What you need to take the course:

You will need a computer and/or tablet.