

Social Emotional Learning Trainings in Mindfulness

Training Type	Description	Specifics	Staffing and Resources
<p style="text-align: center;">Whole Staff Introduction to Mindfulness</p>	<p>Provides an understanding of mindfulness, the benefits, and the science and research. Participants will experience a mindful breathing practice, focus on self-care, and setting up a successful mindfulness practice.</p>	<p>Half Day 1: Participants are introduced to the practice.</p> <ul style="list-style-type: none"> ● What is Mindfulness? ● Benefits ● Science and Research ● Mindful Breathing ● Self-Care ● Setting up a Successful Mindfulness Practice <p>Half Day 2: Participants learn the practices of The Mindful Classroom.</p> <ul style="list-style-type: none"> ● The Mindful Teacher ● The Mindful Classroom ● The Mindful Education Curriculum 	<p>Half Day 1 One presenter</p> <p>Half Day 2 One presenter</p> <ul style="list-style-type: none"> ● Momentum in Teaching will provide a master copy of resources to be copied for each participant within a week prior to services.
<p style="text-align: center;">Mindfulness Classroom Lessons</p> <p>Option 1: 16 weeks, 1 lesson per week, 20-30 minutes per class</p> <p>Option 2: 12 weeks, 1 lesson per week, 20-30 minutes per class</p> <p>Option 3: 8 weeks, 1 lesson per week, 20-30 minutes per class</p>	<p>Provides teachers and students with in-class lessons.</p>	<p>Phase 1: Model lessons</p> <ul style="list-style-type: none"> ● Staff developer teaches a mindfulness lesson in the classroom. Teachers participate alongside their students. <p>Phase 2: Coach lessons</p> <ul style="list-style-type: none"> ● Staff developer coaches in and provides feedback in the classroom. 	<p>Half day or Full day One presenter (No substitutes needed)</p> <p>School site has flexibility in how they would like to structure the day.</p> <p>Districts/Schools provide</p> <ul style="list-style-type: none"> ● Schedule for the day.

<p>Mindfulness Lesson Study</p>	<p>Lesson Study is designed around current mindfulness curriculum. It is an effective way to lift classroom practices and may be used as a refresher course.</p>	<p>Tune up 1 full day, 3 times per year</p>	<p>One presenter</p>
<p>Mindfulness Parent Workshop</p>	<p>Provides an understanding of mindfulness, the benefits, and the science and research. Participants will experience a mindful breathing practice, focus on self-care, and setting up a successful mindfulness practice.</p>	<p>Parent introduction to mindfulness</p> <ul style="list-style-type: none"> ● What is Mindfulness? ● Benefits ● Science and Research ● Mindful Breathing ● Self-Care ● Setting up a Successful Mindfulness Practice 	<p>1 hour One presenter</p> <p>Momentum in Teaching will provide a master copy of resources to be copied for each participant.</p>