

February 2018

MINDFULNESS

WELCOME AND INTRODUCTION

WHAT IS MINDFULNESS

- 20 Definitions that clarify Mindfulness

MINDFULNESS RESEARCH

Why is Mindfulness Important/Brief Summary of Mindfulness Research

- a) Brain and Immune System
- b) Relationships
- c) Clinical
- d) Education

MINDFULNESS FOR TEACHERS

Mindfulness as a Foundation for K-12 Learning

- a) Mindfulness Exercise with group
 - i) The Still Quiet Place; Dr. Amy Saltzman
- b) Mindfulness Exercise with group
 - i) P.E.A.C.E; Dr. Amy Saltzman
- c.) Words from the Children
- d.) Personal and Professional Benefits of cultivating a Mindfulness Practice
 - 1. Readings
 - 2. Professional trainings

CLOSING TAKE HOME MESSAGE