

Do you want to teach mindfulness in your work with children or as a parent?

Have you found mindfulness to help reduce stress in your own life?
Would you like your students or children to have access to these same tools?
Interested in incorporating mindfulness into the classroom or home?
Need the help of a kid-tested curriculum to get you started?

Join our
Curriculum Training
An Eight Week Class

Pre-requisite for this class is Level 1 or equivalent mindfulness experience. Please see application below.

For parents, teachers, school counselors & administrators, & other professionals working with children. Learn:

- How to introduce mindfulness to your children or students
- How to present mindfulness lessons in your classroom or home
- Grade and age-appropriate expectations
- Effective demeanor in presentation
- Appropriate child-friendly mindfulness vocabulary
- How to address classroom difficulties that may arise
- Effective tools for relationship dynamics between students or with your children

Since 2007, Mindful Schools has brought a five-week program to over 30 schools and over 7,000 children in the Bay Area. Dramatic results include: increased attention, enhanced impulse control, less stress, and a happier community of children.

Mindfulness addresses the social-emotional needs of children as well as their academic needs!

8 Tuesdays: March 23 – May 11 7:00–9:00 pm

Park Day School, 370 43rd St. Oakland, CA 94609

Phone: (650) 759-4012 **Email:** info@mindfulschools.org

\$500

No one will be turned away for lack of funds.

To register: Pay [securely online](#) or contact us.

"I had four children that were living in the office. Now they are back in my classroom, learning." - First grade teacher

Mindful Schools