

Mindful Schools

Integrating Mindfulness Into Education

We provide **professional training** for educators, social workers, psychologists, parents, therapists, and other adults **to learn mindfulness and use it with K-12 youth.**



www.mindfulschools.org
info@mindfulschools.org
(510) 479-7702

About Mindful Schools

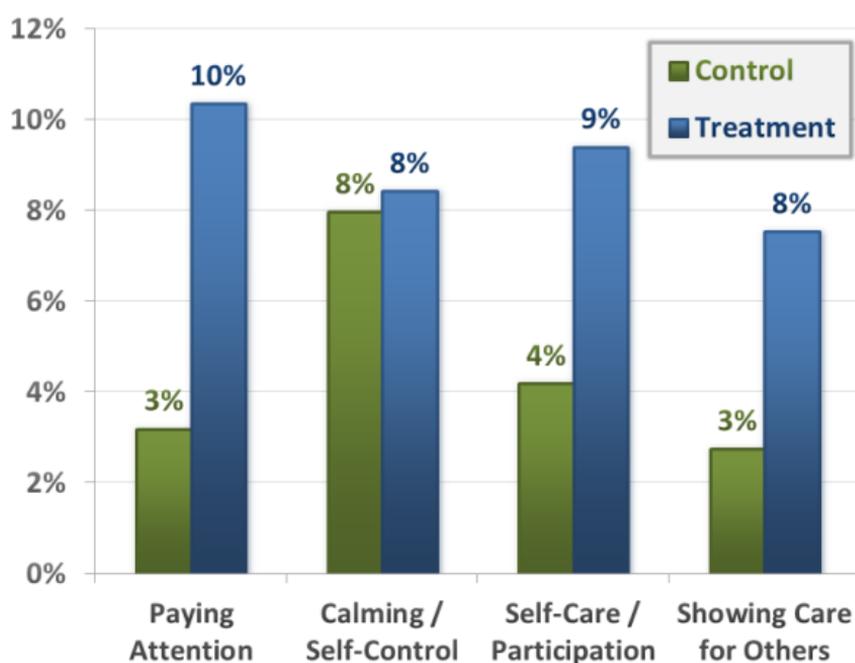
Founded in 2007, our mission is to **integrate mindfulness into education**. We offer **online and in-person courses for adults** as well as resources like research, articles, presentations, and videos to support mindfulness in education.

Our program team offers over 44 years of personal mindfulness practice, several years of silent retreat time, and broad experience teaching mindfulness to **over 20,000 youth** and training many **thousands of adults** from **37 U.S. states** and **over 20 countries**.

Proven Results

In the 2011-12 school year, we conducted the **largest randomized controlled study to date on mindfulness and children** (937 children in three Oakland public schools), showing **statistically significant improvement**.

Behavioral Improvement in 6 Weeks

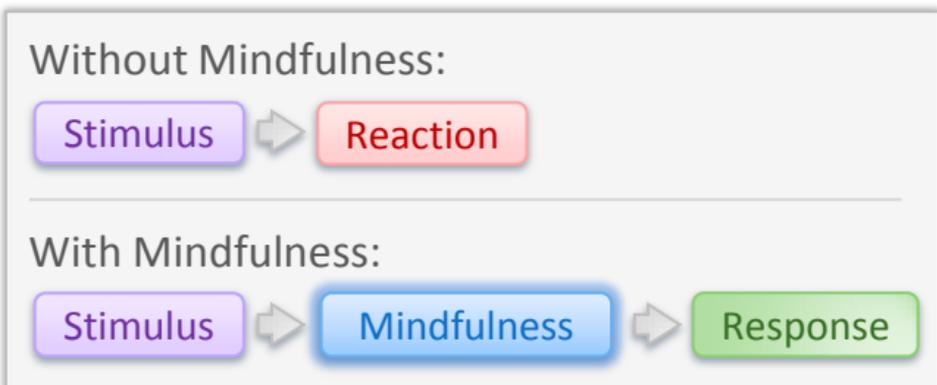


Visit www.mindfulschools.org for more detail, anecdotes, and survey data.

Mindfulness: The Heart of Our Approach

Mindfulness is the mental faculty of purposefully bringing non-judgmental awareness to one's experience.

Mindfulness creates space, replacing **impulsive reactions** with **thoughtful responses**.



30 years of extensive research on mindfulness applications shows its effectiveness in treating illness, anxiety, stress, and depression.

Mindfulness belongs in education because it:

- **Increases Attention Span:** improving focus and academic achievement
- **Improves Impulse Control:** making classroom management easier, increasing teaching time
- **Reduces Stress:** leading to happier and more effective kids and teachers
- **Builds Community & Empathy:** leading to a healthier school community

Mindfulness addresses issues before they become deep-rooted and costly to address.



Our Courses

STEP 1: Learn Mindfulness

MF

Mindfulness Fundamentals

A 6-week online course to build your own mindfulness practice.

- Reduce stress and increase coping skills
- Cultivate empathy for yourself and others
- Learn the science behind mindfulness
- Build up a personal mindfulness practice
- Available to anyone around the world

STEP 2: Teach Youth

CT

Curriculum Training

Learn our full K-12 curriculum for children and older youth.

- See videos of programming in action
- Receive our K-12 curriculum
- Learn how to bring mindfulness to schools
- Available online and in-person

STEP 3: Get Certified

YL

Year-Long Certification

Deeply integrate mindfulness into your work with K-12 youth.

- Highly interactive and practice-based
- Covers a diverse range of topics, including:
 - Group facilitation and communication
 - Working with trauma and resistance
 - Research and neuroscience
- Gain broad visibility as a certified Mindful Schools Instructor

Learn more at www.mindfulschools.org.
Need-based financial assistance is available.

Testimonials



Mindfulness Fundamentals Course Participants

“...it was an amazing experience that has positively changed my life forever. Thank you.”

"This affordable, concise, and user friendly course has changed the way I view relationships with others AND with myself.”

Curriculum Training Course Participants

“...out of any professional development I've ever had in 13 years of teaching, I implemented more of what I learned that weekend than any other training I've been to.”

“Simple and clear content. Masterful teachers. Every word, expression and movement conveyed useful instruction. Extremely pleasant, grounded with good flow.”



Dr. Jon Kabat-Zinn, Founder of Mindfulness-Based Stress Reduction, presents a benefit for Mindful Schools at U.C. Berkeley in 2012

How You Can Get Involved

- 1 Introduce us to educators
- 2 Follow us on Facebook and Twitter
- 3 Sign up for our free mailing list
- 4 Volunteer to assist our dedicated team



“As a Mindful Schools funder, we have been delighted with the diverse and balanced skills of the team, as well as their ability to consistently deliver powerful results at very low cost.”

— Joanie Kriens, President, 1440 Foundation

Mindful Schools

Integrating Mindfulness Into Education

1091 Calcot Place, Suite 212, Oakland, CA 94606
info@mindfulschools.org (510) 479-7702

www.mindfulschools.org

*Mindful Schools is a 501(c)(3) non-profit organization.
Mindful Schools began as a community outreach
program of Park Day School in Oakland, California.*