



Mindful Moments in Education

---Building communities of compassion through the practice and support of Mindfulness at school and at home.

Mindful Moments in Education Proposal for 2017-18 School Year

Program:	Regular Cost for Online classes Online only	10% plus discount 1 – 9 teachers with COP	15% Discount 10 or more teachers with COP
Teacher Training – 12 weeks online; 5 in person sessions	\$675.00	\$600.00	\$570.00

Teacher Training On line version only:

- Contact Mindful Schools at www.mindfulschools.org

Teacher Training - Blended Learning Model (Community of Practice/COP):

- 5 in person (1 ½ hour each) sessions after school.
- 6-week online course in acquiring a personal practice as an adult.
- 6-week online course in how to teach Mindfulness in the classroom; includes K-12 Curriculum and many resources.
- Two in-class demonstration lessons per teacher.
- If 5 or more teachers sign up for this we can provide the in person classes on site versus off campus with other schools.

Sustainability examples:

- Establishing a 'Communities of Practice' group within the school.
 - Meets monthly
 - Shares new lessons and successes
 - Practices mindfulness together as a community
 - Integrate Mindfulness within Parent groups