2022-2023 Program Catalog

We build the capacity of schools to create equitable and joyful learning environments that center collective well-being.

www.mindfulschools.org
I started my career as a passionate middle school teacher, inspired to empower students from diverse and resilient communities. While I saw their brilliance, joy, and strength, I also knew the odds were often stacked against them. My response was to do more, give more, work harder. This approach diminished my ability to show up with presence, curiosity, and compassion and led to increased stress and burnout.

I wish my school had known then what I know now—that a shared practice of mindfulness would have allowed me to attend to my well-being and provide the nurturing interactions my students truly needed to thrive.

Mindful Schools has designed an approach to transforming school culture that is both revolutionary and simple. We provide an accessible, job-embedded pathway to prioritize community care. Our team of educators works to empower you—the school’s culture keepers—to build upon your collective strengths and existing initiatives to achieve your community’s vision of equity and wellness.

I invite you to explore the pages of this catalog, and contact us to start your journey.

We are in this work, together.

Seewan Eng
she / her
Executive Director, Mindful Schools

My earliest days teaching as a college student in a middle school summer program (Providence, Rhode Island)
Our Approach

We take an integrated approach to nurture connection and healing, equity and inclusivity, and collective well-being in schools.

Schoolwide Culture + Leading Mindfully

Build skills to recognize inequities, navigate challenges, and co-create communities where every member is valued and connected.

Equitable + Thriving School Systems

Practice mindfulness to cultivate awareness and agency, foster well-being, and create healing interactions.

Educator Well-Being + Empowerment

Inclusive, Trauma-Sensitive, + Mindful Classrooms

Develop trauma-sensitive and culturally sustaining practices. Create environments where every student feels safe, supported, and ready to learn.
Mindful Schools pairs a trauma-sensitive K-12 curriculum with frameworks for teaching and implementing schoolwide mindfulness to support your wellness and inclusion goals.

**Key Frameworks**

Our students and educators deserve trauma-sensitive environments, not just a trauma-sensitive mindfulness lesson.

**MINDFUL SCHOOLS**

**Domains of Mindful Teaching Framework and K-12 Curriculum**

<table>
<thead>
<tr>
<th>Embodiment</th>
<th>Container</th>
<th>Engagement</th>
<th>Lesson</th>
<th>Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>How can I use my presence to help anchor and regulate the space?</td>
<td>How does it feel to be a student in my class?</td>
<td>How are the students and I relating and connecting to the lesson and to each other?</td>
<td>How do my instructional choices and activities support my learning intentions?</td>
<td>How will I facilitate a mindfulness practice that meets students where they are?</td>
</tr>
</tbody>
</table>

**MINDFUL SCHOOLS**

**Schoolwide Mindfulness Rubric and Consultation Services**

<table>
<thead>
<tr>
<th>Nurturing the Capacity of Individuals</th>
<th>Nurturing the Capacity of the Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do our community members understand and practice mindfulness?</td>
<td>What skills do we demonstrate and embody when we lead mindfulness practice?</td>
</tr>
<tr>
<td>How does our mindfulness offering respect the culture/context of our school and community?</td>
<td>How is mindfulness integrated within the systems and structures of our school?</td>
</tr>
</tbody>
</table>
Mindful Schools creates joyful and equitable learning communities by orienting multiple systems toward well-being: individual nervous systems, classroom environments, and larger school systems and culture.

Mindful Schools educator training, K-12 curriculum, and school services support learners to:

- Notice implicit biases
- Embed trauma-sensitive practices
- Integrate culturally sustaining practices
- Foster asset-based relationships
- Examine power structures
- Develop a sense of agency
- Lead mindfully and compassionately
- Make equitable and inclusive choices to improve the school experience

Through our approach, educators discover how their individual nervous system is key in creating nurturing and engaging classroom systems. They practice mindfulness as a tool for collective agency and empowerment, not for compliance or control.

School leaders discover how mindfulness goes far beyond individual self-care or will-power. They co-create school systems that allocate time, attention, talent, and resources with equity and intention.

© Mindful Schools is a 501(c)(3) nonprofit organization. www.mindfulschools.org
In stressful situations, it can be hard to remember step-by-step SEL scripts or strategies.

Mindful Schools integrates body awareness and nervous system practices, which provide the **crucial first step** needed to access cognitive and executive functioning.

**Mindful Schools trainings and K-12 curriculum integrate:**

- **Recognizing Emotions**
  - I can identify and label emotional states

- **Relational Skills**
  - I can listen to others and navigate disagreements

- **Executive Functioning**
  - I can respond with agency and choice

- **Sensory + Body Awareness**
  - I can notice my heart beating faster when I feel overwhelmed

When we practice mindfulness regularly, we are empowered to notice how it feels in our body to be kind, curious, regulated, or dysregulated. This body-based memory allows us to take mindful moments throughout our day and practice relational mindfulness with students and colleagues.

© Mindful Schools is a 501(c)(3) nonprofit organization. www.mindfulteachers.org
Foundational Training

101: Mindfulness Foundations
Learn the research behind mindfulness in education, and why Mindful Schools starts with adults practicing mindfulness.

- Practice powerful strategies to manage stress and build resilience
- Develop a trauma-sensitive approach to mindfulness practice
- Explore cognitive biases, including implicit and negativity bias

4-Week Facilitated Online Course w/Live Session and Q&A | Earn Credits

201: Mindfulness in the Classroom
Explore what it means to teach mindfully and begin your training with the Mindful Schools K-12 Curriculum.

- Create safety and foster asset-based relationships with students
- Learn how to teach mindfulness to students, with an emphasis on:
  - Culturally sustaining, inclusive, and trauma-sensitive instruction
  - Relevance and engagement
  - Age-appropriate modifications
  - Student agency and empowerment
- Integrate and sustain mindfulness in school routines and programs

8-Week Facilitated Online Course w/Live Sessions and Q&A | Earn Credits

Community Practice
Guided mindfulness practice followed by Q&A.
60 Minute Virtual Events | Offered Monthly

Ongoing Professional Development

WORKSHOPS

Building a Trauma-Sensitive Classroom
Discover strategies to create welcoming and safe classroom spaces, and nurture healing relationships with students.

Mindfulness and SEL for Educators
SEL isn’t just for kids. Explore emotions, the stress response, and strategies to navigate challenging classroom moments.

Mindful Communication in the Classroom
Learn the fundamentals of mindful communication and techniques that can be applied in the classroom to build connection and healthy relationships.

Mindful Communication
Transform your communication patterns. Explore how to cultivate trust, cooperation, and collaboration.

Self-Compassion and Resilience
Learn about the power of self-compassion. Discover simple ways to incorporate self-compassion practices into your day to support well-being and avoid burnout.

Mindful Communication in the Classroom
Explore what it means to teach mindfully and begin your training with the Mindful Schools K-12 Curriculum.

- Create safety and foster asset-based relationships with students
- Learn how to teach mindfulness to students, with an emphasis on:
  - Culturally sustaining, inclusive, and trauma-sensitive instruction
  - Relevance and engagement
  - Age-appropriate modifications
  - Student agency and empowerment
- Integrate and sustain mindfulness in school routines and programs

8-Week Facilitated Online Course w/Live Sessions and Q&A | Earn Credits

Community Practice
Guided mindfulness practice followed by Q&A.
60 Minute Virtual Events | Offered Monthly

RETREATS

Mindfulness for Educators Retreat
Designed for educators to deepen their personal mindfulness practice to support resilience and well-being.

5 Hour Virtual Retreats

SELF-COMPASSION FOR EDUCATORS
Dive into the research, practice, and experience of self-compassion. Revitalize your deep motivation for helping others.

6-Week Facilitated Online Course w/Live Sessions

IMPLEMENTATION CLINIC
School Implementation Clinic
Receive coaching to utilize our Rubric for Assessing Schoolwide Mindfulness and build capacity for your school’s programming.

6 Months of Group Coaching Calls

© Mindful Schools is a 501(c)(3) nonprofit organization. www.mindfulschools.org
Embrace Mindfulness

Mindful Schools provides specialized services for schools and districts to help build cultures of mindfulness, equity, and well-being. We take a multi-year approach to support you in creating a program that addresses the unique needs of your community.

See our sample plans and best practices, and contact our team to get started.

---

“Mindful Schools is our go-to organization when it comes to training and resources—what we do, how we do it, and why we do it. We were searching for that, literally for years.”

- Dr. Robert Caplinger, Principal, Laveen, AZ

---

Specialized school services are only offered in combination with Foundational Trainings. Consultation Services and All-Staff PDs are not available a-la-carte.

### ALL-STAFF PROFESSIONAL DEVELOPMENT

**Introduction to Mindfulness**
60 to 90 minute PD event designed to engage your whole staff and support wellness across campus.
- Align as a staff and build a common vocabulary and approach
- Discover simple strategies to manage stress and build resilience
- Learn how mindfulness supports existing school initiatives (SEL, equity, mental health)
- School team leaders meet with Mindful Schools for a post-event consultation—receive a participant survey report and discuss recommendations for next steps

Additional PD topics are available following the Introduction to Mindfulness.

### CUSTOM COURSE SUPPORT

**101 Team Kickoff and Debrief**
Enhance the 101 course experience with a live Opening Kickoff to align as a team, and a live Closing Debrief to synthesize core learnings and consider next steps.

**201 Team Kickoff and Debrief**
Enhance the 201 course with an Opening Kickoff and Closing Debrief.

### IMPLEMENTATION SUPPORT

**Consultation Services**
Your school team leaders meet with Mindful Schools to discuss program goals and course experience. Sessions leverage our Rubric for Assessing Schoolwide Mindfulness to create an implementation plan that addresses school wellness and culture goals.
# Year One Sample Plan

## School Team Leaders + Early Adopters

School team leaders meet with Mindful Schools for strategic consulting and to determine how mindfulness can support wellness goals and existing initiatives (SEL, equity, mental health).

<table>
<thead>
<tr>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>August - October</td>
<td>November - February</td>
<td>March - May</td>
<td>June - July</td>
</tr>
</tbody>
</table>

### Consultation Services

- **Quarterly meeting**

### 101 Course

- **Learn and practice trauma-sensitive mindfulness**

### 201 Course

- **Teach mindfully and integrate the K-12 curriculum**

### Workshops

- **Join school PD sessions: Self-Compassion and Mindful Communication**

### Retreat

- **Deepen practice, support resilience and well-being**

## Staff Learning Cohorts

Staff opt-in to multiple, accessible entry-points to learn and practice mindfulness together and begin to integrate mindfulness into school routines and culture.

<table>
<thead>
<tr>
<th>Staff Learning Cohorts</th>
<th>Staff Team Features</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All-Staff PD Intro to Mindfulness</strong></td>
<td>60-90 minute PD for your campus</td>
</tr>
<tr>
<td><strong>Workshop Trauma-Sensitive Classroom</strong></td>
<td>90 minute event</td>
</tr>
<tr>
<td><strong>101 Course with Custom Support</strong></td>
<td>Experience the 101 course together—build connections, solidify key takeaways, and reflect upon next steps</td>
</tr>
<tr>
<td><strong>Workshop Self-Compassion and Resilience</strong></td>
<td>90 minute event</td>
</tr>
<tr>
<td><strong>Workshop Mindful Communication in the Classroom</strong></td>
<td>90 minute event</td>
</tr>
<tr>
<td><strong>Summer Institute Limited Offering</strong></td>
<td>Real-time instruction and practice for select school partners</td>
</tr>
</tbody>
</table>

## Year One Sample Plan

While no two partnerships look alike, this is one example of how your program might start.

Contact our team to learn more about our multi-year approaches.
Getting Started

We recommend these best practices and next steps to increase program impact and sustainability.

Best Practices
Build for impact and sustainability.

Engage Your Early Adopters
Get leadership buy-in and start with those who are most excited to learn about mindfulness to build a strong foundation for organic growth.

Learn in Cohorts
Train together for a shared learning experience. Build a common vocabulary, engage in meaningful discussion, and integrate consistent practices into your school.

Create an Opt-In Culture
Motivate and invite your staff, teachers, and administrators to opt-in to participate, rather than a roll-out or mandatory training.

Be Mindful of Time
Educators are busy! Create time for learning and consider incentives to honor and celebrate your staff’s commitment.

Next Steps
Start or expand your program, today.

Explore a Workshop or 101
Just getting started? Learn immediate skills and get an introduction to the Mindful Schools approach in a workshop or the 101 course. Visit our calendar and register online.

Create a Plan for the School Year
Mindful Schools offers specialized services to help you to build a schoolwide culture of mindfulness, equity, and well-being.

Contact our team to begin building a program that addresses the unique needs of your community.
# Mindful Schools 2022-2023 Calendar: July - December 2022

<table>
<thead>
<tr>
<th>Monthly Live Practice</th>
<th>101: Mindfulness Foundations</th>
<th>201: Mindfulness in the Classroom</th>
<th>Workshops</th>
<th>Retreats</th>
<th>Elective Courses</th>
<th>Implementation Clinic</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Jul 2022</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 7/6/22</td>
<td>7/7/22 - 8/3/22</td>
<td>7/28/22 - 9/21/22</td>
<td>Trauma-Sensitive Classroom</td>
<td>Summer Retreat</td>
<td>7/14/22 - 8/24/22</td>
<td>Coaching Call: Thu 7/21/22</td>
</tr>
<tr>
<td>4-5pm PT / 7-8pm ET</td>
<td>with Live Session: Wed 7/20</td>
<td>with Live Sessions: Mon 8/8, 9/12</td>
<td>Wed 8/10/22</td>
<td>Sat 7/23/22</td>
<td>with Live Sessions: Mon 7/25, 8/8, 8/22</td>
<td>4-5pm PT / 7-8pm ET</td>
</tr>
<tr>
<td></td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>4-5:30pm PT / 7-8:30pm ET</td>
<td>8am-1pm PT / 11am-4pm ET</td>
<td>4-5pm PT / 7-8pm ET</td>
<td>4-5pm PT / 7-8pm ET</td>
</tr>
<tr>
<td><strong>Aug 2022</strong></td>
<td>8/4/22 - 8/31/22</td>
<td>8/25/22 - 10/19/22</td>
<td>Mindfulness and SEL for Educators</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>4-5:30pm PT / 7-8:30pm ET</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sep 2022</strong></td>
<td>9/8/22 - 10/5/22</td>
<td>9/22/22 - 11/16/22</td>
<td>Mindful Communication in the Classroom</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 9/7/22</td>
<td>with Live Session: Wed 9/21</td>
<td>with Live Sessions: Mon 10/3, 11/7</td>
<td>Wed 9/30/22</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>4-5:30pm PT / 7-8:30pm ET</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Oct 2022</strong></td>
<td>10/6/22 - 11/22</td>
<td>10/27/22 - 12/21/22</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 10/5/22</td>
<td>with Live Session: Wed 10/19</td>
<td>with Live Sessions: Tue 11/8, 12/6</td>
<td>9/1/22 - 10/12/22</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>4-5:30pm PT / 7-8:30pm ET</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Nov 2022</strong></td>
<td>11/3/22 - 11/30/22</td>
<td>11/10/22 - 11/23 *</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 11/2/22</td>
<td>with Live Session: Wed 11/16</td>
<td>with Live Sessions: Mon 11/28, 12/19</td>
<td>10/1/22 - 10/22/22</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>4-5:30pm PT / 7-8:30pm ET</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dec 2022</strong></td>
<td></td>
<td>11/10/22 - 11/23 *</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 11/7/22</td>
<td></td>
<td>with Live Sessions: Mon 11/28, 12/19</td>
<td>10/1/22 - 10/22/22</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-5pm PT / 7-8pm ET</td>
<td></td>
<td>1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>4-5:30pm PT / 7-8:30pm ET</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>* November 201 includes one week off for winter break</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

© Mindful Schools is a 501(c)(3) nonprofit organization. www.mindfulschools.org
<table>
<thead>
<tr>
<th>Monthly Live Practice</th>
<th>Jan 2023</th>
<th>Feb 2023</th>
<th>Mar 2023</th>
<th>Apr 2023</th>
<th>May 2023</th>
<th>Jun 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4-5pm PT / 7-8pm ET</td>
<td>4-5pm PT / 7-8pm ET</td>
<td>4-5pm PT / 7-8pm ET</td>
<td>4-5pm PT / 7-8pm ET</td>
<td>4-5pm PT / 7-8pm ET</td>
<td>4-5pm PT / 7-8pm ET</td>
</tr>
<tr>
<td>101: Mindfulness Foundations</td>
<td>1/12/23 - 2/8/23 with Live Session: Wed 1/25 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>2/2/23 - 3/1/23 with Live Session: Wed 2/15 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>3/2/23 - 3/29/23 with Live Session: Wed 3/15 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>4/6/23 - 5/3/23 with Live Session: Wed 4/19 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>5/4/23 - 5/31/23 with Live Session: Wed 5/17 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>6/8/23 - 7/5/23 with Live Session: Wed 6/21 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
</tr>
<tr>
<td>201: Mindfulness in the Classroom</td>
<td>1/26/23 - 3/22/23 with Live Sessions: Mon 2/6, 3/6 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>2/23/23 - 4/19/23 with Live Sessions: Tue 3/7, 4/4 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>3/23/23 - 5/17/23 with Live Sessions: Mon 4/3, 5/1 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>4/27/23 - 6/21/23 with Live Sessions: Tue 5/9, 6/6 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>5/25/23 - 7/19/23 with Live Sessions: Mon 6/5, 7/10 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
<td>6/29/23 - 8/23/23 with Live Sessions: Tue 7/11, 8/8 1-2pm PT / 4-5pm ET or 4-5pm PT / 7-8pm ET</td>
</tr>
<tr>
<td>Workshops</td>
<td>Self-Compassion and Resilience Wed 2/22/23 4-5:30pm PT / 7-8:30pm ET</td>
<td>Mindful Schools Lesson Study Wed 4/12/23 4-5:30pm PT / 7-8:30pm ET</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retreats</td>
<td>New Year Retreat Sat 1/14/23 8am-1pm PT / 11am-4pm ET</td>
<td>Spring Retreat Sat 4/29/23 8am-1pm PT / 11am-4pm ET</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elective Courses</td>
<td>Self-Compassion 1/19/23 - 3/1/23 with Live Sessions: Mon 1/30, 2/13, 2/27 4-5pm PT / 7-8pm ET</td>
<td>Mindful Communication 3/16/23 - 4/26/23 with Live Sessions: Wed 3/29, 4/12 4-5pm PT / 7-8pm ET</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Implementation Clinic</td>
<td>Coaching Call: Thu 1/19/23 4-5pm PT / 7-8pm ET</td>
<td>Coaching Call: Thu 2/16/23 4-5pm PT / 7-8pm ET</td>
<td>Coaching Call: Thu 3/16/23 4-5pm PT / 7-8pm ET</td>
<td>Coaching Call: Thu 4/20/23 4-5pm PT / 7-8pm ET</td>
<td>Coaching Call: Thu 5/18/23 4-5pm PT / 7-8pm ET</td>
<td>Coaching Call: Thu 6/15/23 4-5pm PT / 7-8pm ET</td>
</tr>
</tbody>
</table>