Mindfulness means paying attention to the present moment without judgement.

Research has shown that mindful educators have higher levels of classroom management and are more attuned to student needs. Mindful students showed significant improvements in emotional regulation, compassion, focus and engagement.

Self Care for Educators is Important

“We all have the need and the human right to take time for ourselves, to heal our own suffering and cultivate our own happiness and well being”

(Hanh & Weare, 2017)

DESCRIPTION:
Mindful Educators is a workshop for early elementary through high school staff.

OBJECTIVES:
● Establish an understanding of mindfulness.
● Experience several mindful practices.
● Cultivate a personal practice.
● Explore classroom curriculums and resources.
● Create in school support for self practice and classroom implementation.

DELIVERY
● 3 hour session

Please register at:
https://events.anr.msu.edu/OnlineMindfulEducatorsOctoberJL/

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