

Mindfulness in the Classroom Workshop:
*A Workshop for Educators Seeking to Teach and Lead Peaceful Practices
in Schools*

Produced by Ed311
Presented by Hilary Simon & Jason Littlefield

Wednesday, October 17th, 2018
HCDE – Houston, TX

AGENDA

8:15 Registration/ Breakfast

8:45 ***Introduction to Mindfulness and Mindful Breathing:*** Explore basic concepts of mindfulness and how the breath informs mindfulness practices

10:00 Morning Break

10:15 ***Mindfulness and the Body:*** How our use of our five senses and awareness of our physical bodies inform mindfulness

11:30 Lunch (on your own)

1:00 ***Mindfulness and the Mind and Heart:*** Examine the ways we and others respond and cope in times of stress

2:15 Afternoon Break

2:30 ***Classroom Implementation:*** Explore pragmatic ways to implement practices in the classroom to foster more understanding, trust and peace

3:45 Adjourn