

# Mindfulness in Education Conference



June 9, 2018

## Afternoon Workshops: Session 1

### Practical Tips for Teachers – Tish Jennings (Fireplace Commons)

Teachers face growing demands that are increasing stress and reducing job satisfaction. Students are less prepared and accountability measures add pressure to teachers' workload. Stress affects the brain in ways that interfere with teaching and learning. Mindfulness can help teachers manage the stress of teaching by helping them become more aware of their emotional reactivity when it first arises so they can calm down and respond to situations thoughtfully, rather than reacting unconsciously. You will learn valuable skills that will help you manage the stressful demands of the classroom and cultivate an exceptional learning environment.

### Mindful Parenting - Lisa Natoli-Sheehan (Room 370)

Tips and tools for helping ourselves and our kids develop healthy habits of mind, and keep ourselves grounded in the present moment. Learn how to surf the waves of parenthood and help your kids build essential life skills. This is as much about your well-being as theirs!

### CMP Guided Meditation: Body Scan – Will Heins (Room 374)

We are at our happiest when mind and body are connected, yet we treat our bodies as just the “chauffeurs of the mind” most of the time. Learn the simple technique of connecting with the body, gaining awareness of your emotional state, and learning to see the bigger picture. This practice is a great sleep aid during periods of stress, too! No special clothing, props or prior experience required.

## Afternoon Workshops: Session 2

### Mindfulness in the Classroom for Early Elementary Teachers - Erin Thorkilsen (Room 452)

Time-enhancing tips for incorporating and modeling mindfulness throughout the day: demonstrations, tools, and practical suggestions. This is not yet another piece of curriculum to squeeze into your already tight day!

### Mindfulness in the Classroom for Middle School Teachers - Emily Tully (Room 456)

Time-enhancing tips for incorporating and modeling mindfulness throughout the day: demonstrations, tools, and practical suggestions. This is not yet another piece of curriculum to squeeze into your already tight day!

### Meditation as Antidote to Anxiety - Erika Long (Room 370)

So many of us - kids and adults alike - find ourselves in heightened states of anxiety. Anxiety taxes our nervous system, weakens our immunity, reduces our ability to concentrate, and can cause major mental health challenges. Learn the science behind how our brains work and practical tips to rewire our brain and “hardwire happiness” through meditation and mindfulness.

### CMP Guided Meditation: Walking Meditation - Will Heins (gather in the Fireplace Commons)

Meditation doesn't need to be done in a seated position. Paying close attention to what it feels like to walk slowly and deliberately can help to quiet the mind, and teach us to engage in everyday activities with a “beginner's mind”. Learn a simple technique for meditating while moving. No special clothing, props or prior experience required.

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## Afternoon Workshops: Session 3

### *Mindfulness in the Classroom for High School Teachers – Charlotte Pecquex (Room 452)*

Time-enhancing tips for incorporating and modeling mindfulness throughout the day: demonstrations, tools, and practical suggestions. This is not yet another piece of curriculum to squeeze into your already tight day!

### *Empathetic Joy: A Tool for Parenting in Competitive Climates - Erika Long (Room 370)*

"I must not be a very good parent". "I should have done something differently." As parents who care deeply for our children's well-being, we place incredible pressure on ourselves. Stories of kids who get into every single Ivy, or have started their own biotech firm by the age of 15.... and even every-day examples of other children's accomplishments, can make us wonder about our effectiveness as parents. Learn a simple meditation for creating a habit that allows you to flip moments of self-criticism into moments of shared joy.

### *CMP Guided Meditation: Equanimity – Will Heins (Room 374)*

Navigating the choppy waters of life can be challenging. We can't control the waves, but we can learn to surf. Learn a simple meditation that will help you meet all of life's events with greater even-mindedness. No special clothing, props or prior experience required.

