

Meditation and Other Mindfulness Strategies for Educators: Pre-K - 3rd Grade

with Debra Biechler, Adjunct Faculty - Viterbo University

January 25th, 2018 8:30 am - 3:00 pm

Description

This course includes an introduction to mindfulness and strategies for educators to use in the classroom. Researched benefits of mindfulness-based education techniques will be studied as well as ways to share these strategies with parents.

Objectives

- Gain an understanding of mindfulness-based education and its researched benefits.
- Learn practical applications and techniques of using mindfulness-based strategies with students.
- Learn practical applications and techniques to educate parents about mindfulness-based education.
- Practice mindfulness-based techniques and teaching methodology.

Who Should Attend?

Regular and special education grades Pre-K - 3, school counselors, school social workers, school psychologists, school leadership teams, and school building leaders.

For additional information including graduate credit, contact:

Rick Raatz, Curriculum Specialist and Safe & Healthy Schools Coordinator, CESA 5
raatzr@cesa5.org or 608-745-5492

Registration Details

- One free registration per CESA 5 Safe & Healthy Schools Network Members, \$75 each additional person.
- \$150 for CESA 5 School Improvement Consortium Members
- \$200 for non-members

Fee includes: materials, light breakfast, and lunch.

To Register:



Registration Deadline:

January 22, 2018

Registration questions?
Contact Elizabeth Graff

graffe@cesa5.org or
608-745-5472