



Growing Minds

Calm Classrooms & Caring Schools

Who should attend?

Regular & Special
Educators

Counselors/
Social Workers

Psychologists

Leadership Teams

MINDFULNESS TRAINING 4K-3RD

JUNE 17 & 18
with

Deb Biechler

Participants will:

- *Receive Growing Minds curriculum.
- *Gain an understanding of Mindfulness-based education and its researched benefits.
- *Learn practical applications/techniques of using mindfulness-based strategies with students.
- *Explore strategies to educate parents about mindfulness-based education.
- *Practice mindfulness-based techniques and teaching methodology.
- *Explore early childhood appropriate support materials