

Mindfulness Workshops for Students (K-12)

Trauma-Sensitive, SEL-informed and EDI-Aware

SEL = Social and Emotional Learning | EDI = Equality, Diversity, and Inclusion

The innovative workshops include engaging activities that explore mindfulness, movement, creativity, and healthy living skills to create programming that benefits students K-12 socially, emotionally, physically and academically. The programs are delivered by experienced teachers, each with a strong background and practice in mindfulness.

THE MINDFUL EDGE (STRESS MANAGEMENT AND LIFE STRATEGIES FOR TEENS) ESSENTIALS

Length: 60-minute sessions

The program is based on The Mindful Edge, an evidence-based, trauma-sensitive and Social and Emotional Learning informed program. It provides the first 4 lessons plus a wrap-up lesson of The Mindful Edge program as a practical foundation comprised of 5 integrated sessions for high school students and post-secondary (grades 9-12, ages 13-19).

It is specifically designed for teens, who are experiencing the negative impacts of stress and anxiety during this time, as well as transitions to high school or post secondary. The course provides practical, effective coping skills to manage life's challenges and help both educators and teens connect with themselves, with their peers and with learning.

Can be delivered in-person or online

The sessions are engaging, participatory, information and fun.

MINDFUL YOGA (K-12)

Customized workshops using mindful movement to increase flexibility and strength, focus and concentration.

Yoga helps students to:

- Develop body awareness.
- Learn how to use their bodies in a healthy way.
- Manage stress through breathing, awareness, meditation and healthy movement.
- Build concentration.
- Increase their confidence and positive self-image.
- Feel part of a healthy, non-competitive group.

WELLNESS WORKSHOPS (K-12)

Tailored workshops that introduce students to mindfulness practice, positive psychology strategies, stress management techniques, creativity, mindful movement and breathing practices, promoting positive health and well-being for well-being conferences, wellness days and positive mental health initiatives.

Student Workshops(K-12)



OVERALL WORKSHOP GOALS:

Through mindfulness practice, activities and discussion, students learn to use simple and accessible tools to:

- Reduce the negative impacts of stress
- Support emotional regulation & resilience
- Improve focus and concentration through the cultivation of present-moment attention
- Develop the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or others.
- Encourage empathy, compassion and sense of community
- Cultivate relationship with self & others
- Provide skills for life

WHAT THE STUDENTS SAY ABOUT MINDFULNESS

- SELF REGULATION

I learned how to remain calm in tense situations. I am definitely going to continue the mindful breathing; it actually affects the decisions I make.

- SELF AWARENESS

I learned self-control and how to deal with situations. I learned to concentrate just on myself.

- SELF CONFIDENCE

I will not only appreciate the moment. I will appreciate the people in the moment.

- SELF WORTH

I learned that saying warm wishes to myself and others makes me happy. The most important message would be to not be so hard on yourself.

- SELF ESTEEM

I am more aware of right and wrong and I am able to be more focused in life.

- SELF CARE

The program taught me to stay calm and take a chill pill sometimes.

SELF HEALING

- I learned to cope with different situations. Before, I used to worry about random situations and I'd be sad all the time but the mindful breathing really helped me to approach problems differently.

