

PassageWorks

Engaged Teaching and Learning

The Mindful Teacher: Bringing Presence and Practices to Students

An Introduction to Mindfulness in ECE-5 Classrooms for Educators with Practices
45 Hours / 3 Credit Course

With the support of the Hemera Foundation, we will offer a new class during the 2014-15 school year for teachers who want to bring best practices in mindfulness to their students.

Who is this course for?

ECE-5 teachers or specialists who have taken SMART 1 or have a contemplative practice of their own.

For those who have wanted to take SMART 1 but haven't yet, a summer course will be offered for 8 weeks in Boulder June – July on a weekday afternoon, from 4:30–6:30pm. Specific dates and registration information will be posted at PassageWorks.org/Courses/Mindful-Teacher by April 1.



Application Requirements

A written application, a short reference form from your principal and an interview will explore commitment and readiness for this course. Criteria for acceptance will include:

- Background in mindfulness and a current personal practice
- Commitment to the view that teacher embodiment of mindfulness is crucial in bringing mindfulness to students
- Mastery of basic relationship-based classroom management strategies

Those who have a personal contemplative practice but have not taken SMART 1 will be asked to provide an additional letter of recommendation from a teacher or meditation instructor in their tradition.

Who will teach the course?

Andra Brill and Linda Wallace will co-teach the course with assistance from current classroom teachers embodying and implementing mindfulness practices with their students.

Topics

- Maintaining a personal mindfulness practice
- Bringing mindful presence to the classroom
- Skillfully leading developmentally appropriate mindfulness practices with students that focus on attention, emotional awareness, and kindness
- Promoting student engagement and leadership in mindfulness practices
- Developing capacities to reflect on and adapt mindfulness practices to the needs of each classroom
- Creating mindful physical and social environments in the classroom
- Participating in a collaborative, reflective cohort and building a supportive network to sustain personal and classroom practice

Course Components

Whole Class Meetings: 30 Hours

- Monday evening, August 11 and Tuesday, August 12 8:00am-4:00pm
- Saturday October 11, 9:00am-3:30pm
- Saturday January 10, 9:00am-3:30pm
- Saturday March 7, 9:00am-3:30pm

Small Group Meetings: 8 Hours

- After school on September 15, November 3, February 9, and April 13.

Individual Coaching: 4 Hours for Each Participant

- Individually scheduled – phone/Skype and in person
- 3 classroom observations as well as planning, modeling, problem solving

Required Participation in one Half Day Retreat held by Educators with Contemplative Practices or attending one of the SMART course retreats: 4 Hours

Out of Class Assignments:

- Readings from assigned texts including *The Mind Up Curriculum, Calm and Compassionate Children* by Susan Usha Demond, *The Way of Mindful Education: Cultivating Well Being in Teachers and Children* by Daniel Rechtschaffen, and *A Still Quiet Place* by Amy Saltzman.
- Written reflections on personal and classroom practice including the adaptation of practices taught in the class and readings to individual teachers' classrooms
- A final paper demonstrating the capacity to reflect on, compare and contrast, and adapt practices from course texts
- Practice logs recording 2 hours per week of personal practice
- Summary reflection and portfolio

Cost

The course fee is \$335.

Teachers who want graduate credit will pay an additional \$165 to Adams State University.

Application Timeline

- **Information Meetings**
Tuesday, April 1, 3:30pm at Columbine Elementary School
Wednesday, April 9, 3:30pm at Community Montessori Elementary School
- **Apply Online:**
Opens April 4 (Deadline: 9:00am, Monday May 5)
- **Interview Dates:**
Monday-Thursday, May 12 -15 & Monday, May 19, 3:30-6:00pm in Boulder

Note: Some of the details described above may change before or during the class in response to the needs/interests of participants or lessons learned along the way.