



Teaching Mindfulness to Children Training Program Schedule and Course Outline

Saturdays 10:00 am-5:00 pm

Sundays 10:00 am-5:00 pm

Weekend 1: Establishing a Personal Practice

An explanation of mindfulness and concentration, and emotional self-regulation

Guided mindfulness meditation instruction

Sitting and walking meditation

Mindful eating exercises

Overview of the most common obstacles to practice and their antidotes

Experiential exercises

Discussion and homework

Teachers: Kimberly Brown and Nandini Naik

Week 2: Discovering Self-Compassion

Explanation of compassion, lovingkindness, and equanimity

Cultivating self-care and self-compassion

Learning to prevent burn-out and overwhelm

Guided lovingkindness meditation instruction

Sitting and walking mindfulness and lovingkindness meditation

Experiential exercises

Discussion and homework

Teachers: Kimberly Brown and Nandini Naik

Week 3: Introducing Mindfulness to Children

Instruction on how to introduce mindfulness to kids

Research on the benefits of teaching mindfulness practices to children

Explanation of introductory lessons and basic mindfulness tools

Creating a mindful classroom environment

Developing a curriculum

Sitting and walking mindfulness and lovingkindness meditation

Experiential exercises

Discussion and homework

Teachers: Dr. Heidi Marben with Laura Grant



Week 4: Teaching Kids to be Kind

Instruction on how to introduce the concepts of kindness and compassion to children

Creating a compassionate classroom

Explanation of kindness and compassion lessons for kids

Sitting and walking mindfulness and lovingkindness meditation

Experiential exercises

Discussion and homework

Teachers: Dr. Heidi Marben on Saturday only, with Laura Grant

Week 5: Exploring Mindfulness with Children

Instruction on how to further explore and deepen mindfulness with children

Presentation of exploring mindfulness lessons

Presentation of concentration and awareness lessons

How to create and develop your own mindfulness curriculum

Sitting and walking mindfulness and lovingkindness meditation

Experiential exercises

Discussion and homework

Teachers: Dr. Heidi Marben on Saturday only, with Laura Grant

Week 6: Mindfulness and Emotional Regulation

Working with students who have difficult family situations

Working with hindrances from students, teachers, parents

Presentation of Managing Emotions lessons

Participants present their own mindfulness curriculum

Sitting and walking mindfulness and lovingkindness meditation

Experiential exercises

Discussion and homework

Teachers: Dr. Heidi Marben with Laura Grant