



## **Mindfulness in the Elementary Classroom – PATL2588 (Oct), PATL2589 (Nov), PATL2590 (Mar)**

Mindfulness is a method of training the mind to be present with experience in a way that is open, inquiring, and non-judgmental. Through mindfulness we develop an increasing appreciation of the role of consciousness and awareness in everything we do. For children, the ability to be self-aware provides a tool for understanding themselves, managing their emotions, and learning how to take responsibility for their own happiness. It's also fun!

In this half-day course, teacher, storyteller, and meditation instructor Margo McLoughlin will introduce the practice of mindfulness. She will present findings from recent studies of its use in the classroom setting. She will also suggest ways of incorporating mindfulness training into the existing curriculum. The course will be mostly experiential learning, but will include time for discussion and questions.

### **Who Should Attend?**

- This is an excellent Professional Development session for K-12 teachers (Professional CEU's are available upon request)

### **Topics:**

- What is mindfulness meditation? Why is it useful?
- How does mindfulness relate to emotional intelligence?
- Mindfulness in the classroom setting – what does it look like?

### **Learning Outcomes:**

*(Note: For professional developments courses, please identify competencies)*

- Participants will leave with an understanding of the basics of mindfulness meditation as well as many ideas for creating opportunities within the existing curriculum to practice and develop this skill.

**Facilitator: Margo McLoughlin**, M. Div, has been telling stories for more than twenty years. She is currently the 2011 - 2012 Artist-in-Residence at the Centre for Studies in Religion and Society at UVic. A frequent contributor to *Parabola: Magazine of Myth and Tradition*, Margo is part of the Fetzer Institute's Generosity of Spirit project which uses stories of generosity as a tool for reflection and dialogue within organizations and community groups. A graduate of the Harvard Divinity School, Margo has drawn on the healing power of storytelling in a wide variety of settings, from hospital chapels to school classrooms, and from inter-racial dialogues to conferences on philanthropy. [www.thestoryfield.net](http://www.thestoryfield.net).

**Length:** 3 hours (half day)

**Date:** Fri, Oct 21, Fri, Nov 25, 2011 & Fri, March 2, 2012

**Times:** 1pm - 4pm

**Cost:** \$75 + applicable taxes

**Best to Register By:** Fri, Oct 7, Fri, Nov 11, 2011 & Fri, Feb 17, 2012

### **To Register:**

Register online at <http://www.royalroads.ca/continuing-studies> using Visa or MasterCard; or by telephone, Monday to Friday, 9:00 a.m. – 4:00 p.m. at **250-391-2600, ext. 4801**; or **Toll**

**Free at 1-866-890-0220.** Or, come by in person to the Continuing Studies reception area in the **Grant Building, 2005 Sooke Road**, Victoria, BC, Canada V9B 5Y2.

