

Are You Mindful or is Your Mind Full?



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What is Mindfulness?

State of being in which we are centered in the present

Grounded

Non-judgemental attitude

Secular

Self Awareness and Self Regulation



Why We Use It

Bring a feeling of calm and groundedness to our students and teachers

At faculty meetings

When you're teaching it, you have to be willing to do it yourself

Refocus - after recess

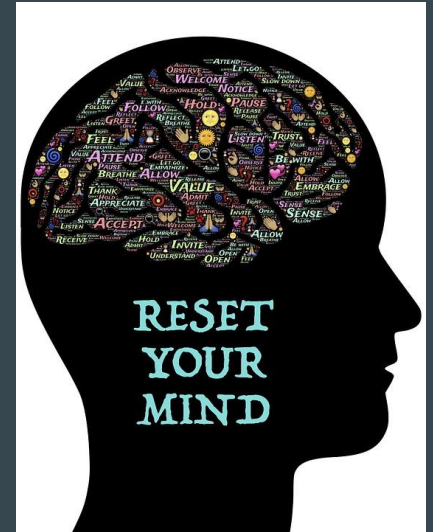
Draw on it in times of chaos, anger, bad day

Making mistakes

Class management - mindful walking

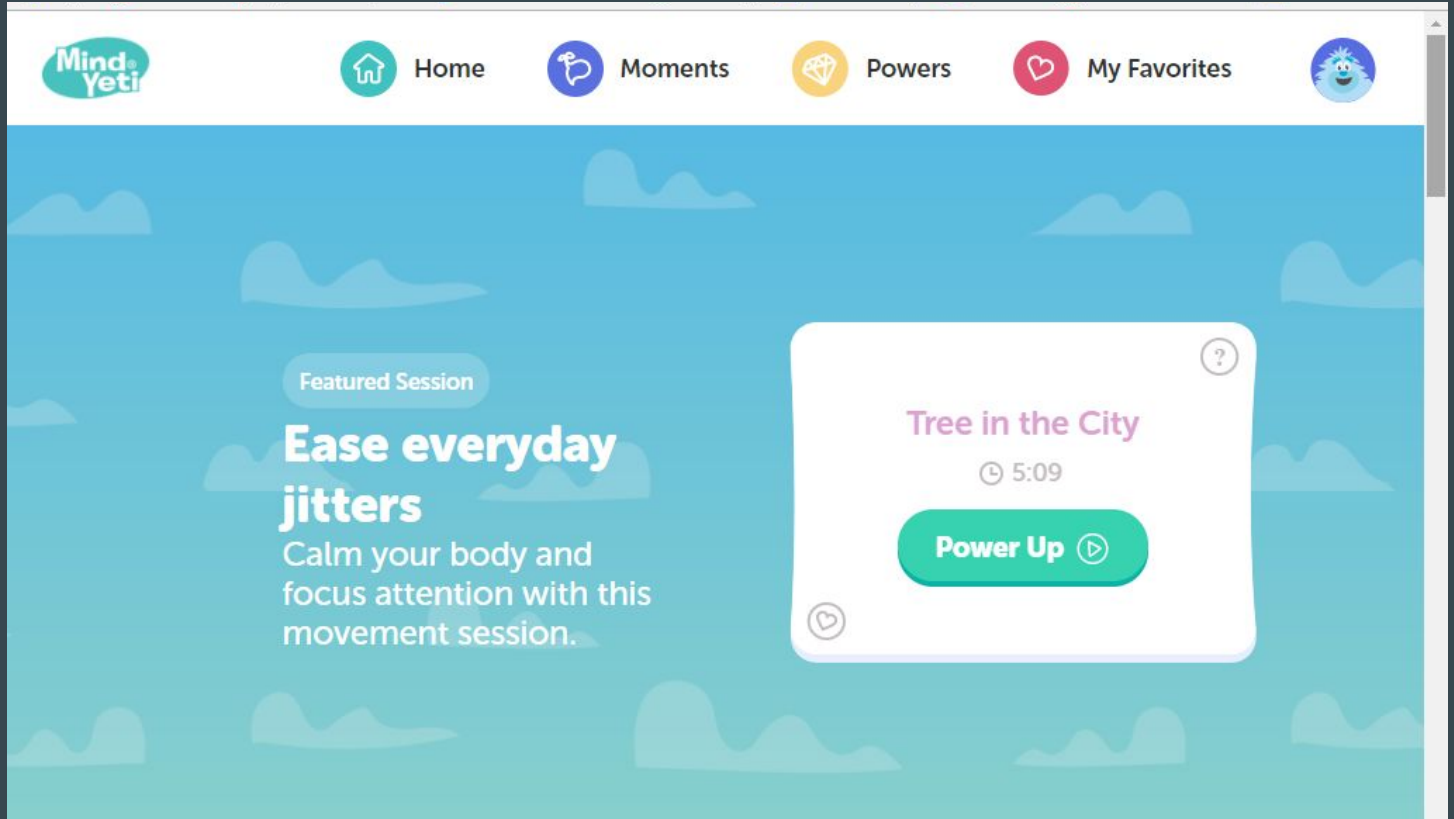
Transitions

Manage Stress



Mind Yeti Example

Mind Yeti



Mindfulness in the Classroom

On the board- part of our daily schedule

Getting centered for the day

After recess with quiet reading

Transitions

Read alouds

Singing bowl

Glitter jar

Students can be naturally mindful; important to have them hold on to it (strategies)

Strategies

Sitting “mountain ready”- shows dignity and strength

Focus on different kinds of attention and how to control their attention

Breath

Different parts of your body

Surroundings/sounds

Being Present!



Resources

Books

- Mindfulness for Kids I by Dr. Nicola Kluge
- What Does it Mean to be Present? by Rana DiOrio
- Puppy Mind by Andrew Jordan Nance
- The Falling Raindrop by Neil Johnson & Joel Chin
- Master of Mindfulness by Jon Kabat-Zinn, PhD
- Decibella and her 6-inch Voice by Julia Cook
- The Judgemental Flower by Julia Cook and Anita DuFalla
- Stand in My Shoes by Bob Sornson
- Zach Makes Mistakes by William Mulcahy
- Peaceful Piggy Meditation by Kerry Lee MacLean
- Happy Dreamer by Peter H. Reynolds
- Don't Feed the Worry Bug by Andi Green

Technology and Mindfulness

“Kids of all ages can reap the benefits of meditation and mindfulness using technology. Meditating even only a few minutes a day has proven to reduce stress, boost immunity, aid memory and concentration, decrease depression and anxiety, and even make you more compassionate.”

-Common Sense Media

Apps for Mindfulness

Settle Your Glitter



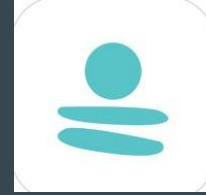
Breathing Bubbles



Headspace



Simple Habit

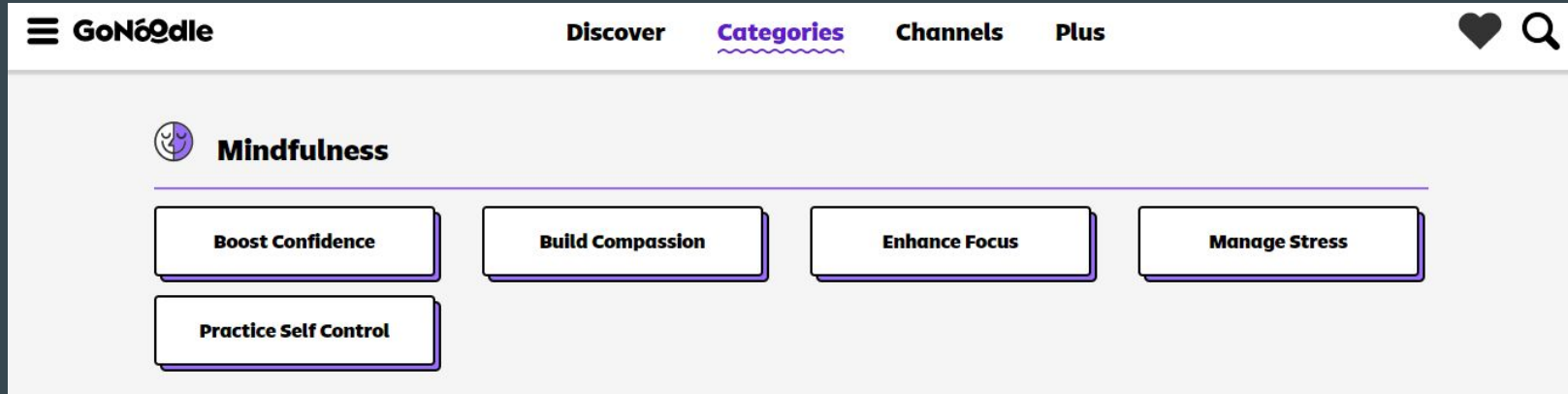


Smiling Mind




Another Good Resource...

GoNoodle



The screenshot shows the GoNoodle website interface. At the top, there is a navigation bar with the GoNoodle logo on the left, and links for "Discover", "Categories" (which is underlined and highlighted in purple), "Channels", and "Plus" in the center. On the right side of the navigation bar, there are icons for a heart and a magnifying glass. Below the navigation bar, the "Mindfulness" category is featured, indicated by a purple icon of a person meditating and the word "Mindfulness" in bold. A horizontal line separates this header from a grid of five buttons: "Boost Confidence", "Build Compassion", "Enhance Focus", "Manage Stress", and "Practice Self Control". Each button has a purple border and rounded corners.

GoNoodle Discover Categories Channels Plus

 **Mindfulness**

Boost Confidence **Build Compassion** **Enhance Focus** **Manage Stress**

Practice Self Control



INNOVATION INSTITUTE

Pine Crest School, Fort Lauderdale and Boca Raton Campuses

Focusing on the Finnish Line: Bridging the Gap Between Theory and Practice

- Learn strategies that will support students in addressing global challenges.
- Gain an appreciation of the Finnish educational system and their approach to entrepreneurship in all grades levels.
- Work alongside Pine Crest School's Innovation and Technology Team and visit lab classrooms.

April 15, 2018

- Pre-Conference Workshop
- Google Summit

April 16 and 17, 2018

- Monday, April 16, Conference Day
- Tuesday, April 17, Conference Day



Keynote Speaker

ELINA HARJU

Master of Education
Learning Scoop Partner,
Director of Partnerships

Motto:
Only interest and
knowledge react to each other.
- Herbart (1776-1841)

JOHANNA JÄRVINEN-TAUBERT

Master of Education
Learning Scoop Partner,
Pedagogical Director

Motto:
Promoting learning is
my passion.



Keynote Speaker

INFORMATION:

Pricing, Information,
and Registration:
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TELL US WHAT YOU THINK!

- 1) Open the app and select Schedule and Sessions.
- 2) Select Friday Sessions.
- 3) Select the appropriate session time.
- 4) Select the session title.
- 5) Click on the link at the bottom of page to take the 3-question survey.



Questions?

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