

# Creating a Mindful Learning Community - 2017 A Mindfulness Project at Burroughs

## Cost Per Classroom:

Materials (singing bowl).....\$40

Mindfulness Consultant/Educator.....\$450

- 10 lessons (20 minutes each)
  - includes lessons on mindful breathing, listening, gratitude, heartfulness, generosity, movement, emotions, and more
- Flexible scheduling with teachers
- Builds on Curriculum already in place:
  - Second Step Curriculum, Zones of Regulation, etc.
- Supports Positive School Climate Committee Goals
- Family communication and education:
  - shared information about lessons in class, ideas for supporting learning at home, Mindful Families class offered for parents (in the evening or on a weekend)
- Staff development opportunities
- Supports Burroughs in offering a nurturing and caring environment and a balanced education
- Supports the promise of MPS to provide a safe, welcoming environment for all diverse learners
- Data collection/Project final report

## Total Cost:

Building Wide Introduction (28 classrooms).....\$13,720