



Setting the Stage for 2018-2019

Bringing Mindfulness to Education on DAY ONE!

Set yourself up: Be intentional about the way you transition into school, giving yourself space to check in with your body and emotions. Transitioning from sleeping to the first school bell offers multiple opportunities to tune in with yourself, and choose a relaxed and calm space to be and work.

Set up your classroom: Create an environment that is welcoming, organized, and calm. Include quotes and other messages that stimulate relaxed attention from students. Offer positive affirmations and an atmosphere where students feel they can be themselves with confidence in their ability to be successful. Use your classroom to engage interest in learning.

Set up your network: Re-connect with your colleagues to establish a positive working relationship that is nonjudgmental and open to enhance learning and support for all in the school community. Be a role model of hope and care, and initiate positive interactions with others as everyone is experiencing the same transition to a new year.

Set up your students: Take responsibility for your relationship with students, and invest energy and effort to connect with them. Welcome them to the learning environment by greeting them with intention. Get personal and connect to them as humans, looking to you for understanding, care, and inspiration!

Cheers to 2018-2019 School Year!