

# Mindful Edge Certification



**The Mindful Edge:  
Stress Management and Life  
Strategies  
for Teens and Young Adults  
Teacher Training Program**



5-Session Workshops for Students (grades 6-8 | 9-12) ages 12-19. The Mindful Edge® is a specially developed program to provide Stress Reduction and Life Strategies for Teens. It is based on the principles of the MBSR Workshop program created by Jon Kabat-Zinn. The Mindful Edge™ combines the practices of mindfulness with knowledge of brain science, positive psychology, movement and healthy living skills to create a program that benefits teens socially, emotionally, physically and academically.

*Students actively participate in the process of unfolding a practical understanding of mindfulness and how it can benefit them in their lives.*

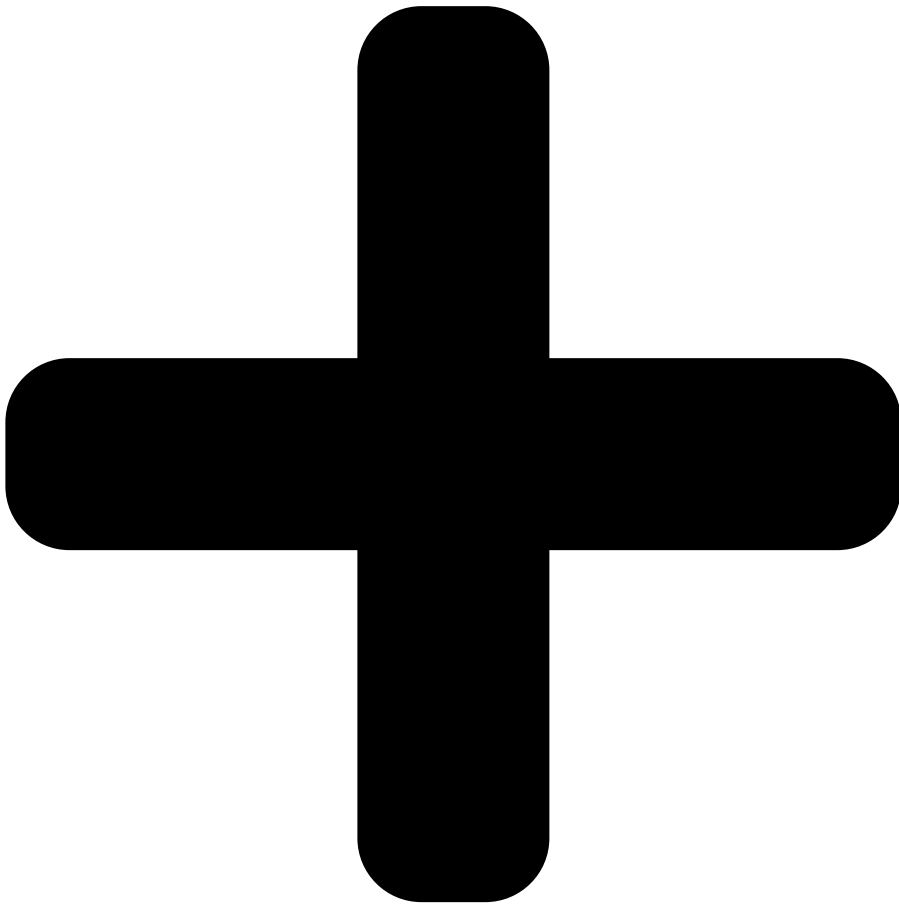


## Course Structure

The program is composed of 1.5-hour themed lessons, in 3 units, delivered either in small groups, both in person or online. The

Overall Program Goal – Resilience: Skill for being with the ups and downs in life

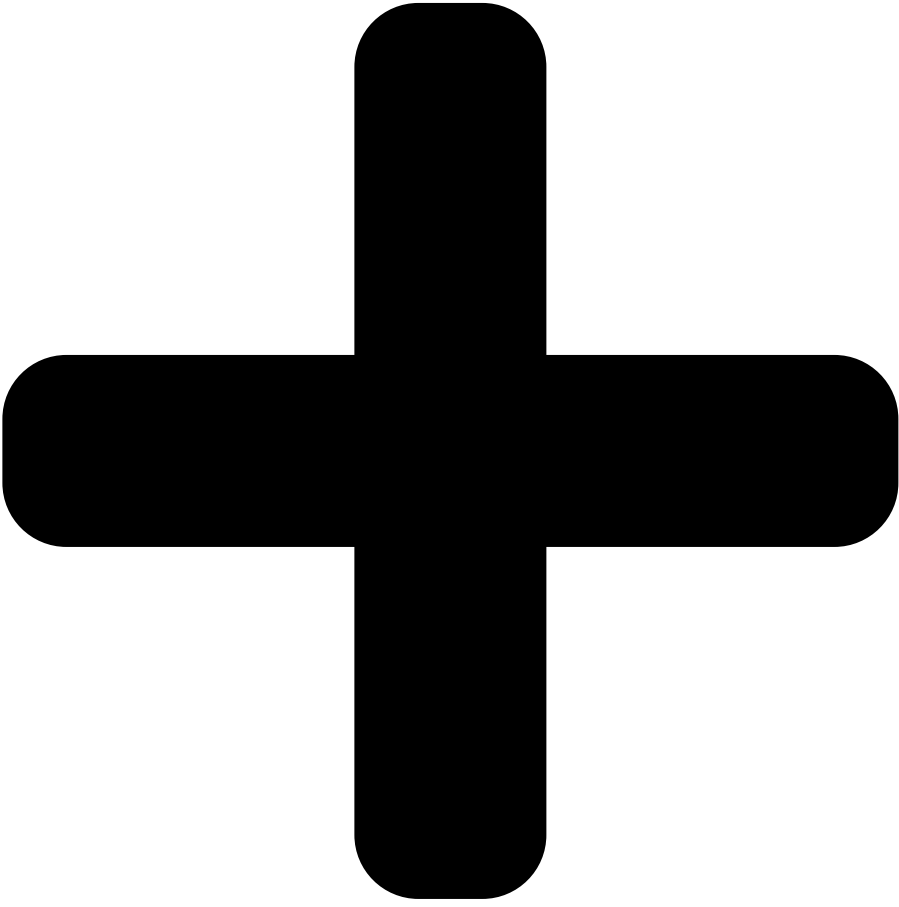
## **Core Lessons Unit 1 – The Essentials**





Lesson #1: What is Stress?

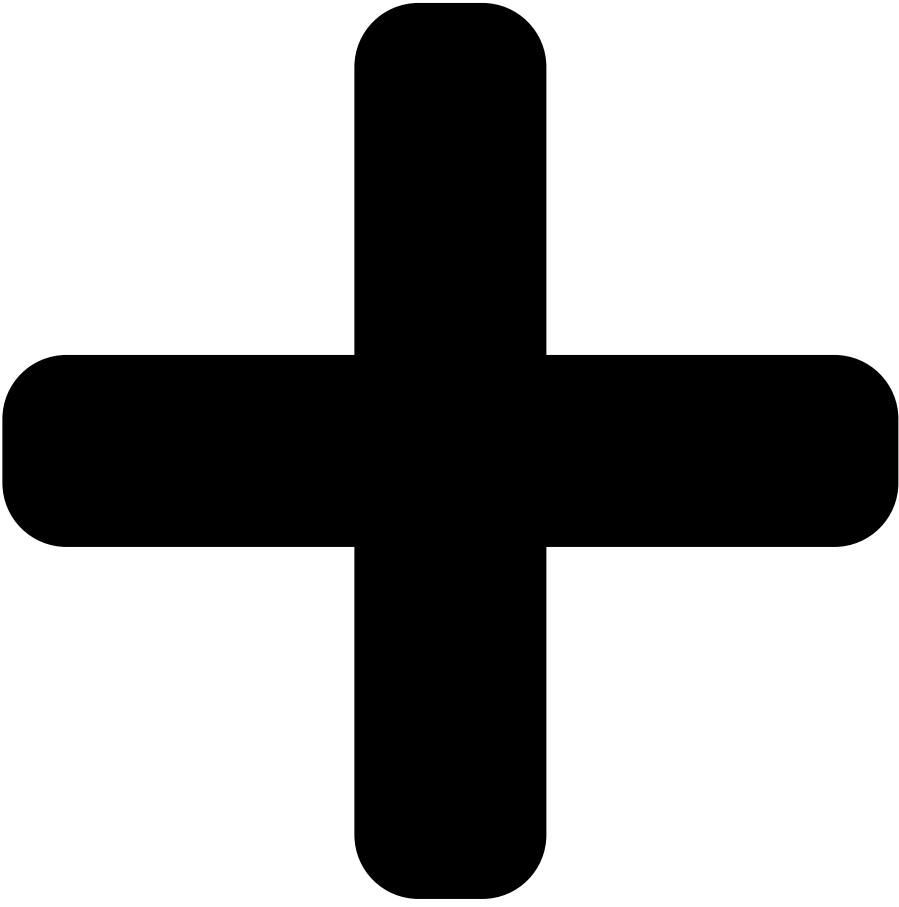
Physiology of stress and how mindfulness can ease and help manage students' response to stress.





## Lesson #2: Why be Mindful?

Intro to mindfulness and relevance for students, establishing personal connection – the buy-in.

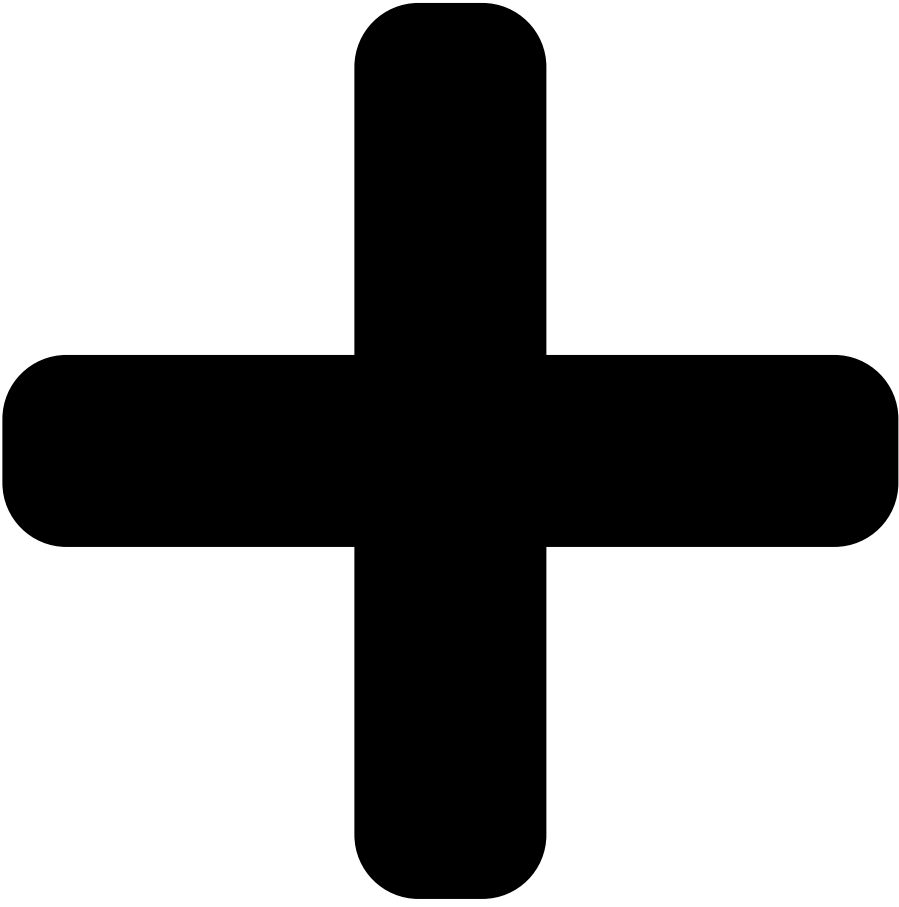




### Lesson #3: How to Practice Mindfulness? Paying Attention to Body and Breath

Experience of mindful practices that use body and breath as an anchor to attention: body scan, circle breathing, mindful eating.

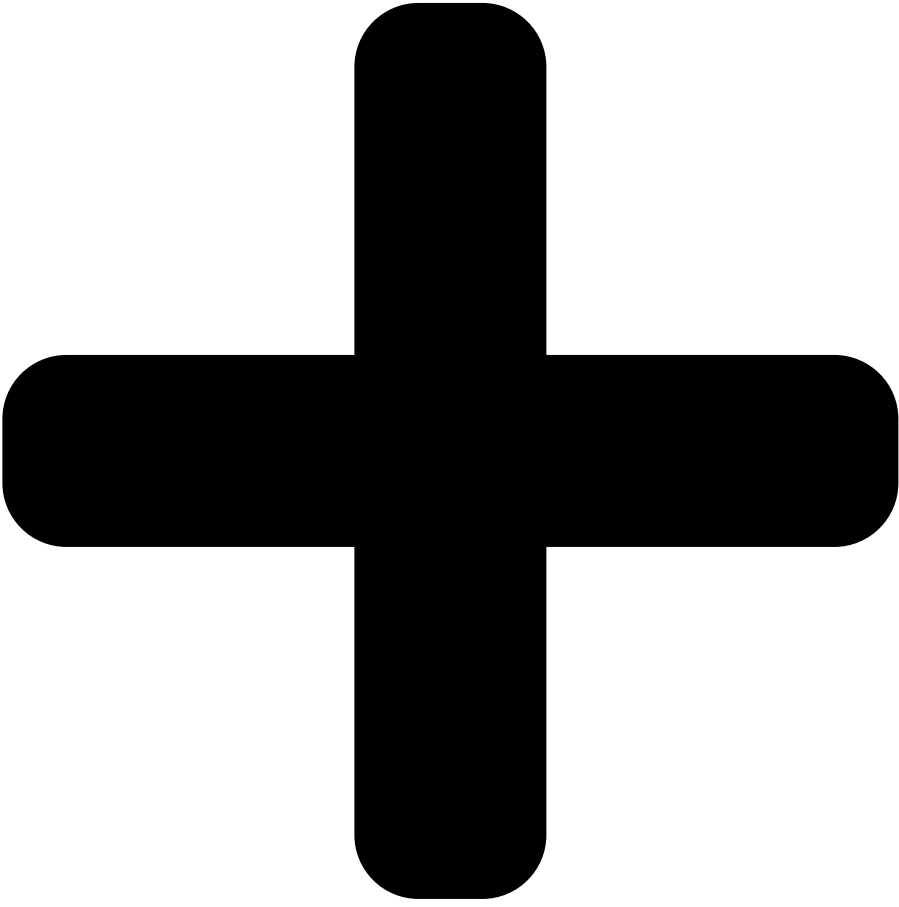







Lesson #4: What is the Neuroscience of Mindfulness?

The neuroscience of attention and neuroplasticity.

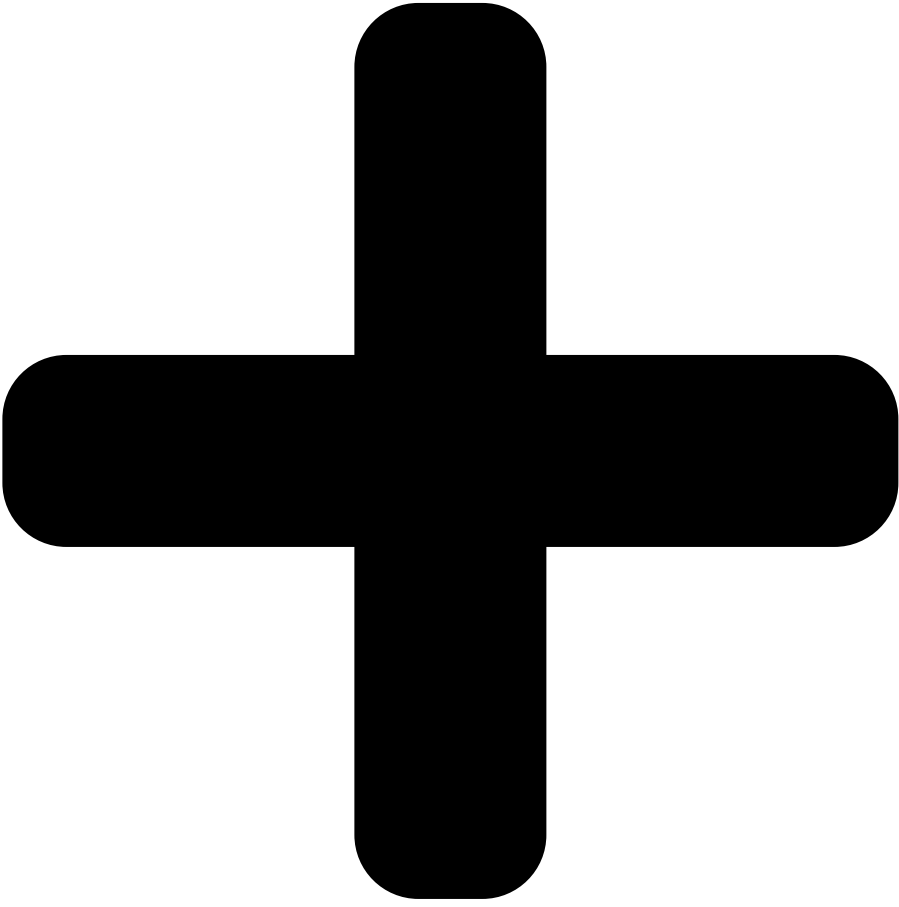




Lesson #5: Connection – The Wrap Up

Going forward, reviewing how participants can implement mindfulness practice into daily life.

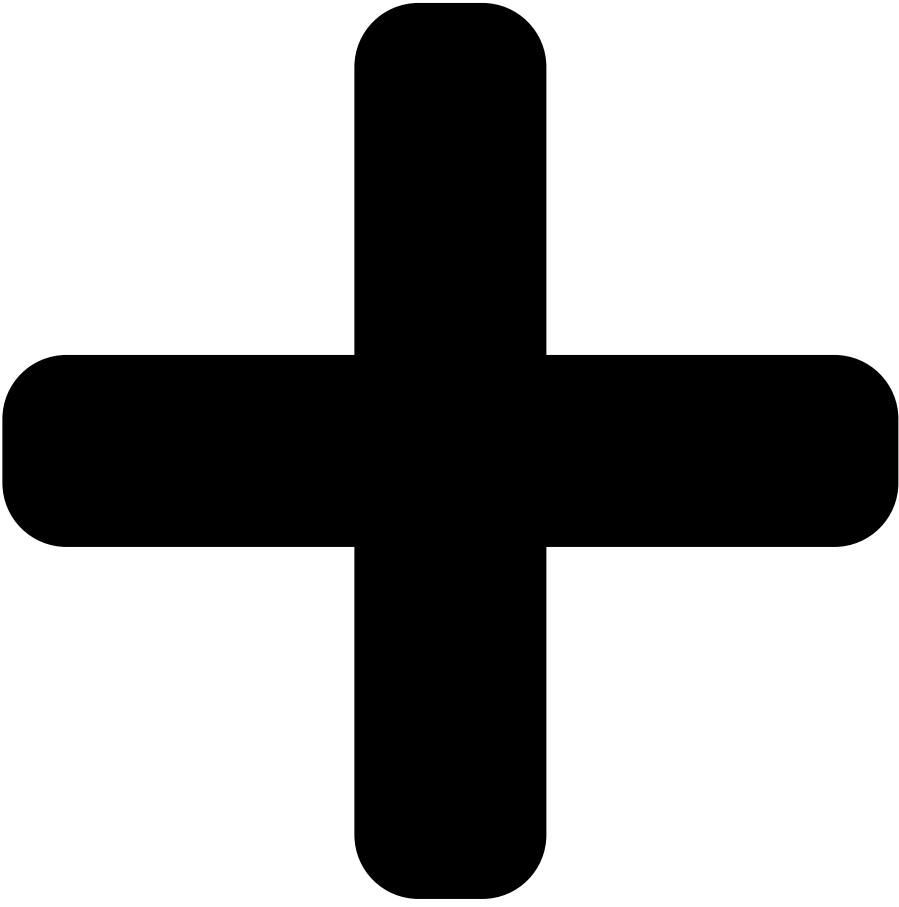
**Core Lessons Unit 2 – SEL (Social and Emotional Learning)**





## Lesson #6: How do Thoughts Impact Emotions and Behaviour?

Exploring thinking, including the impacts of perception, implicit bias, cognitive distortions. Cultivating mindful self-compassion as a means to manage negative self-talk.

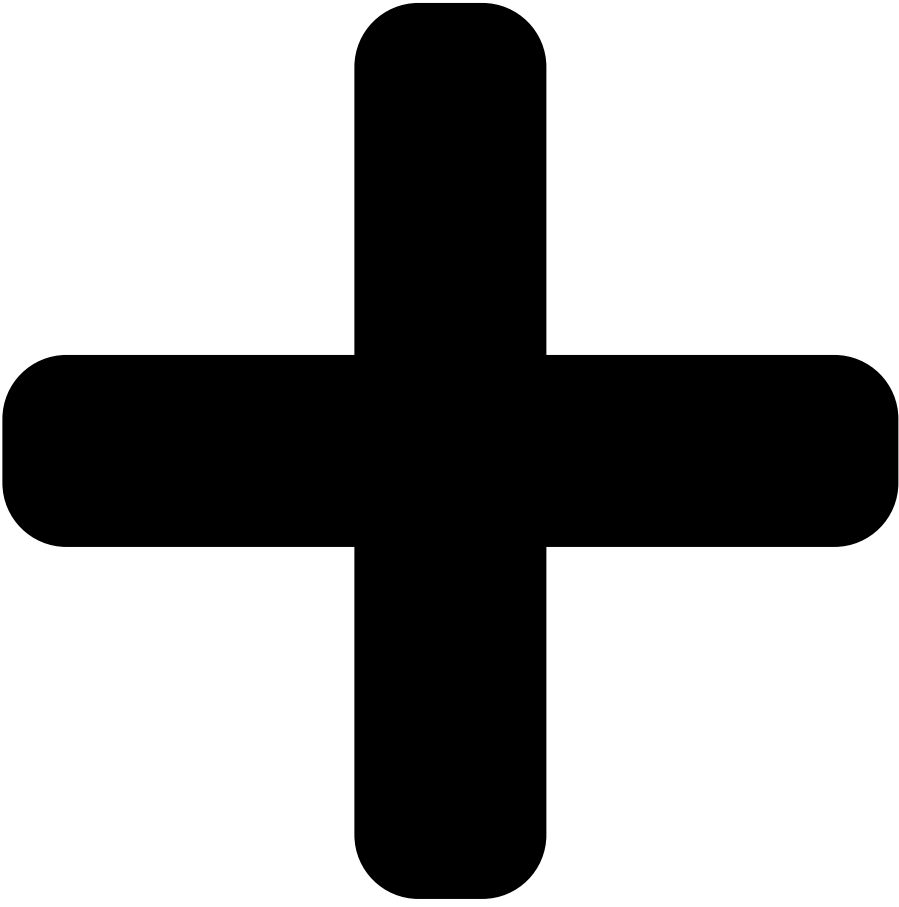




Lesson #7: How do Emotions Impact Thoughts and Behaviour?

What is Social and Emotional Intelligence? Exploring emotional literacy, moods, feelings and the continuum of emotions.

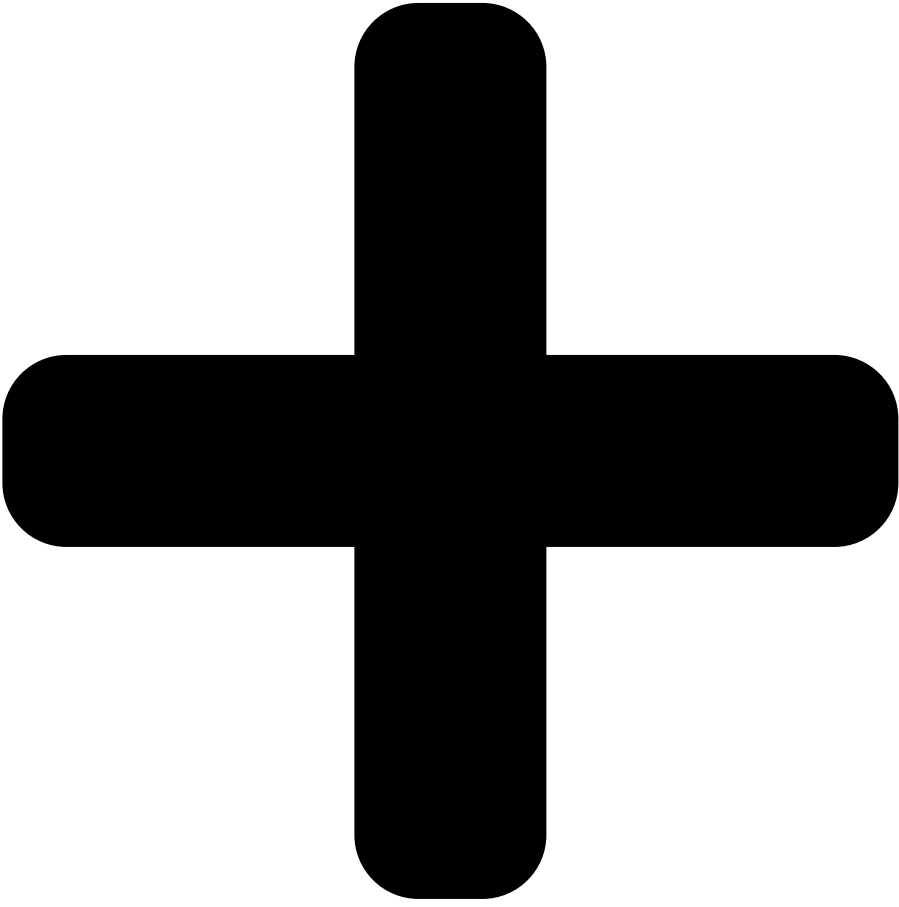






## Lesson #8: How to Manage Strong Emotions?

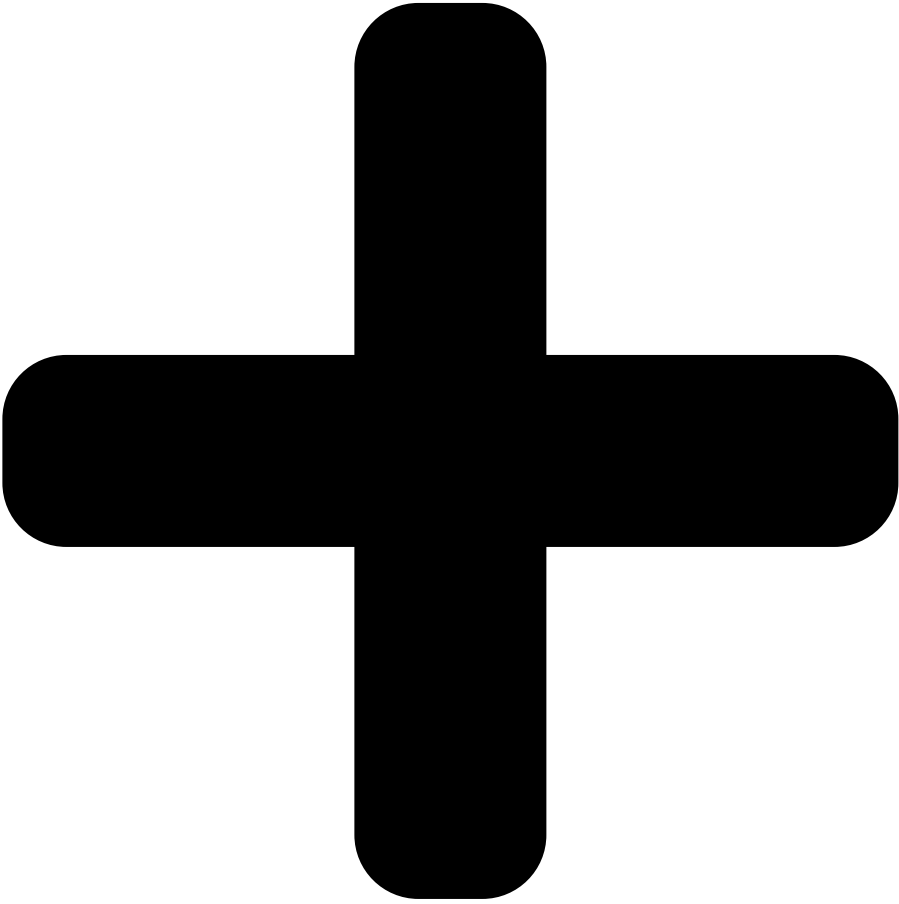
We can learn to manage strong emotions in a way that helps us identify our needs and get them met in situations, and does not escalate them.





## Lesson #9: What is the Science of Happiness?

Happiness is a state that can be cultivated through practicing gratitude, appreciation & kindness, drawing on the recent research on Positive Psychology.

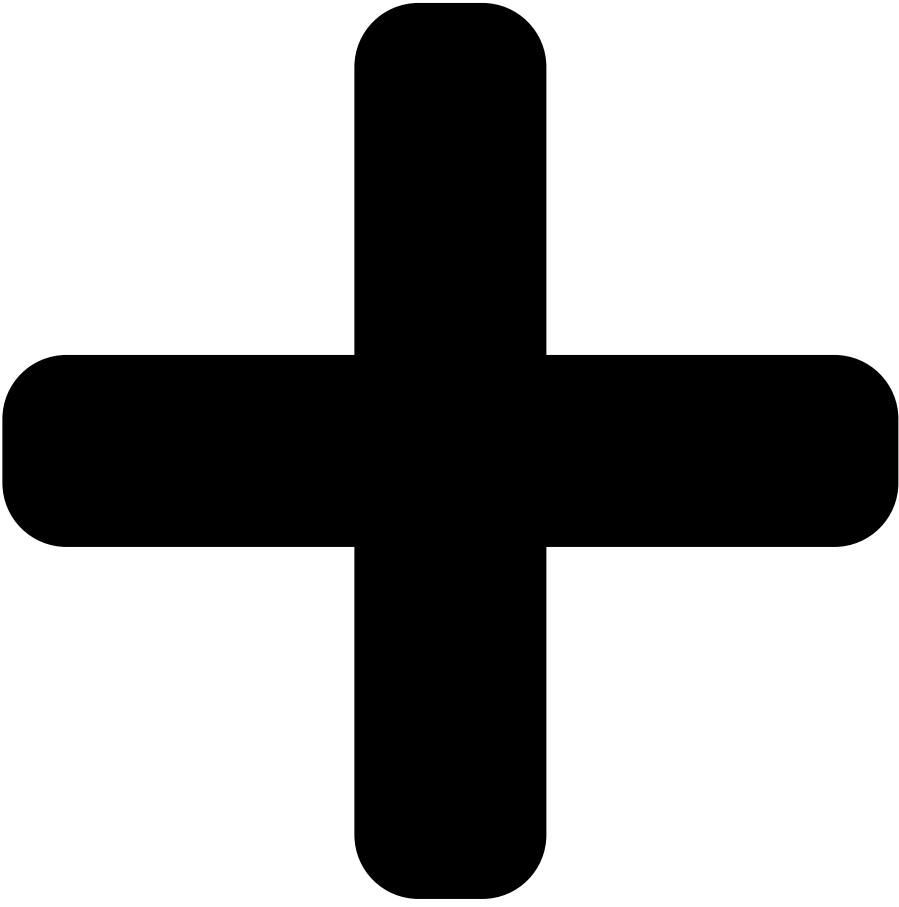




Lesson #10: Connection – The Wrap Up

Going forward, reviewing how participants can practice healthy mental and physical habits, self-awareness, emotion regulation and connection.

**Core Lessons Unit 3 – Mindful Leadership**

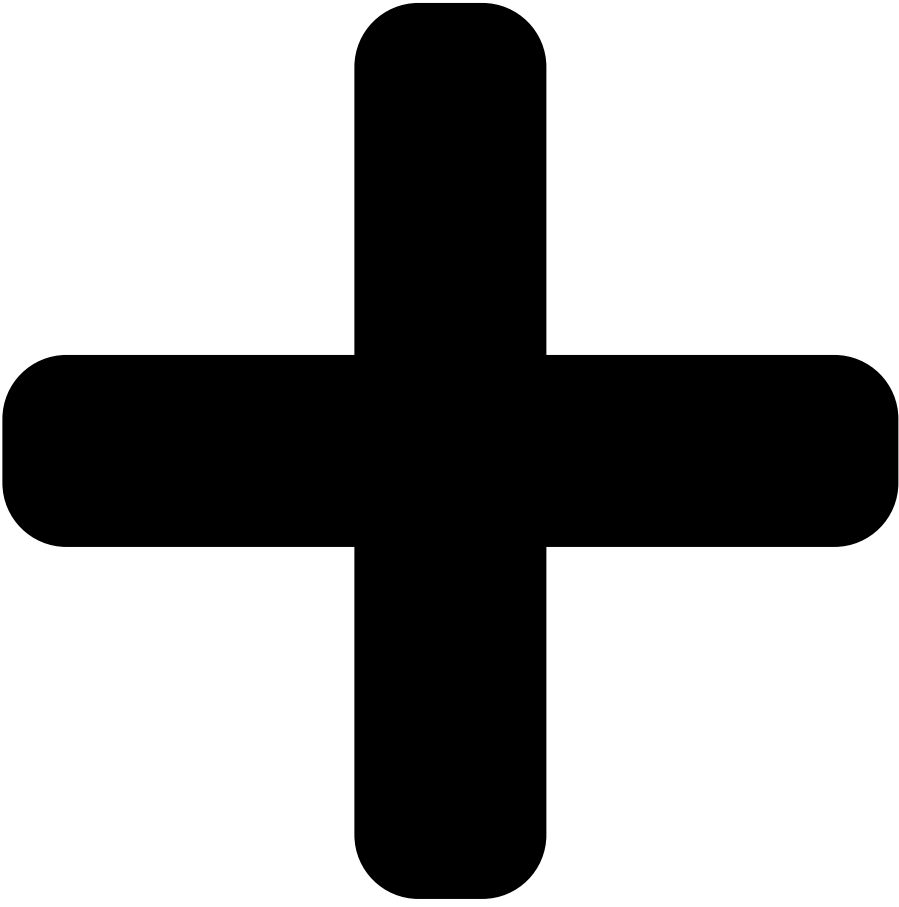




Lesson #11: What Does Mindful Leadership Look Like?

Investigating the aspects of mindfulness that support leadership: awareness, attention, intention and action.

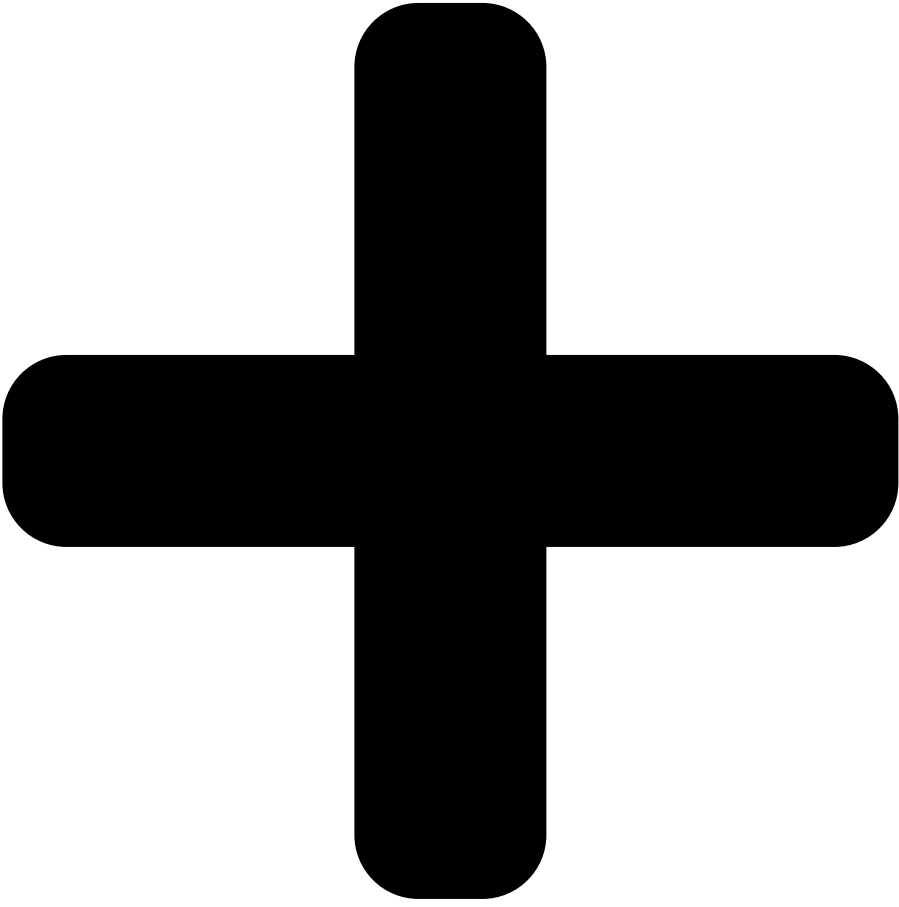







Lesson #12: How to Practice Mindful Leadership Skills?

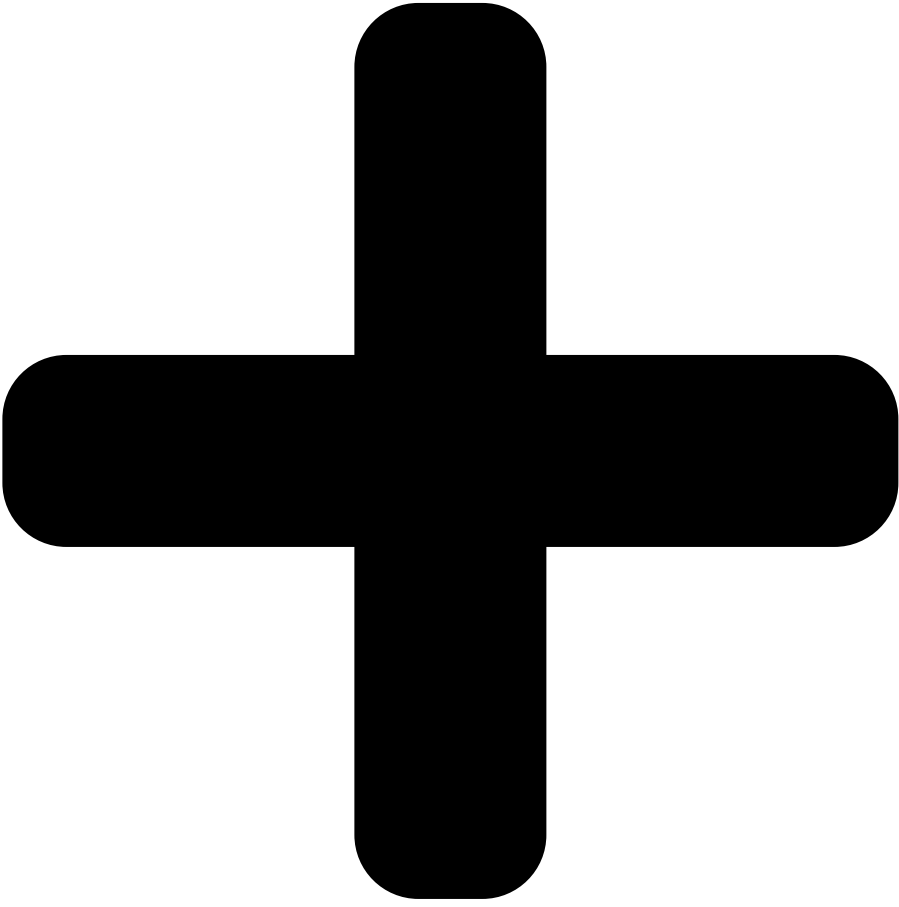
Teens have the opportunity to practice guiding simple mindfulness and coping skills with mentoring.





## Lesson #13: How Does Mindful Communication Improve Relationships?

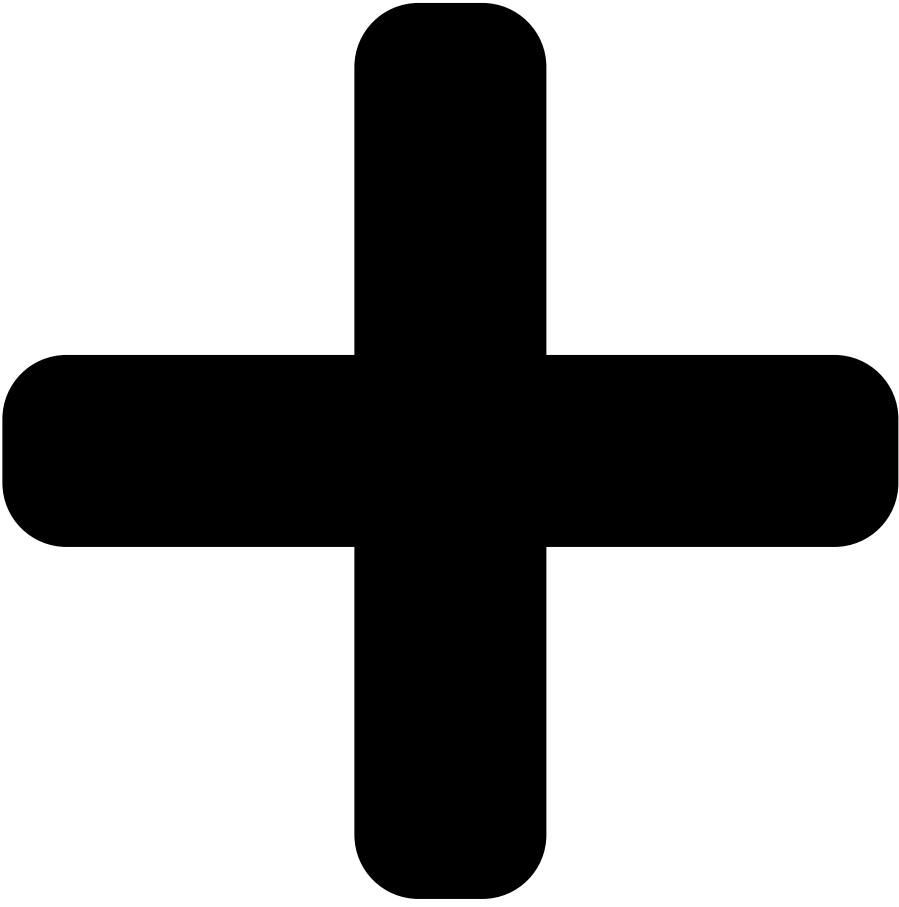
Relationships and connection can be enhanced through practicing mindful speaking and listening. Principles of mindful communication include setting an intention, being fully present, remaining open and non-judgmental, and relating to others with compassion.





Lesson #14: How Can Mindfulness Impact Creativity?

Exploring mindful art-based activities.





## Lesson #15: Connection – The Wrap Up

Putting It All Together. Going forward, reviewing how participants can implement mindfulness practices with their peers.

### **Suggested Reading List**

- [Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything, Deborah Schoeberlein](#)
- [Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom, Patricia A. Jennings](#)
- [The Trauma-Sensitive Classroom: Building Resilience with Compassionate Teaching, Patricia A. Jennings](#)
- [The Mindful Teen: Powerful Skills To Help You Handle](#)



Stress One Moment At A Time, Dzung X Vo, MD, FAAP

- The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress, Gina M. Biegel MA LMFT
- Be Mindful & Stress Less 50 ways to deal with your (crazy) Life, Gina Biegel
- Take in the Good: Skills for Staying Positive and Living Your Best Life, Gina Biegel (Author), Breanna Chambers (Illustrator)
- Brainstorm: The Power & Purpose of the Teenage Brain, Daniel J. Siegel MD