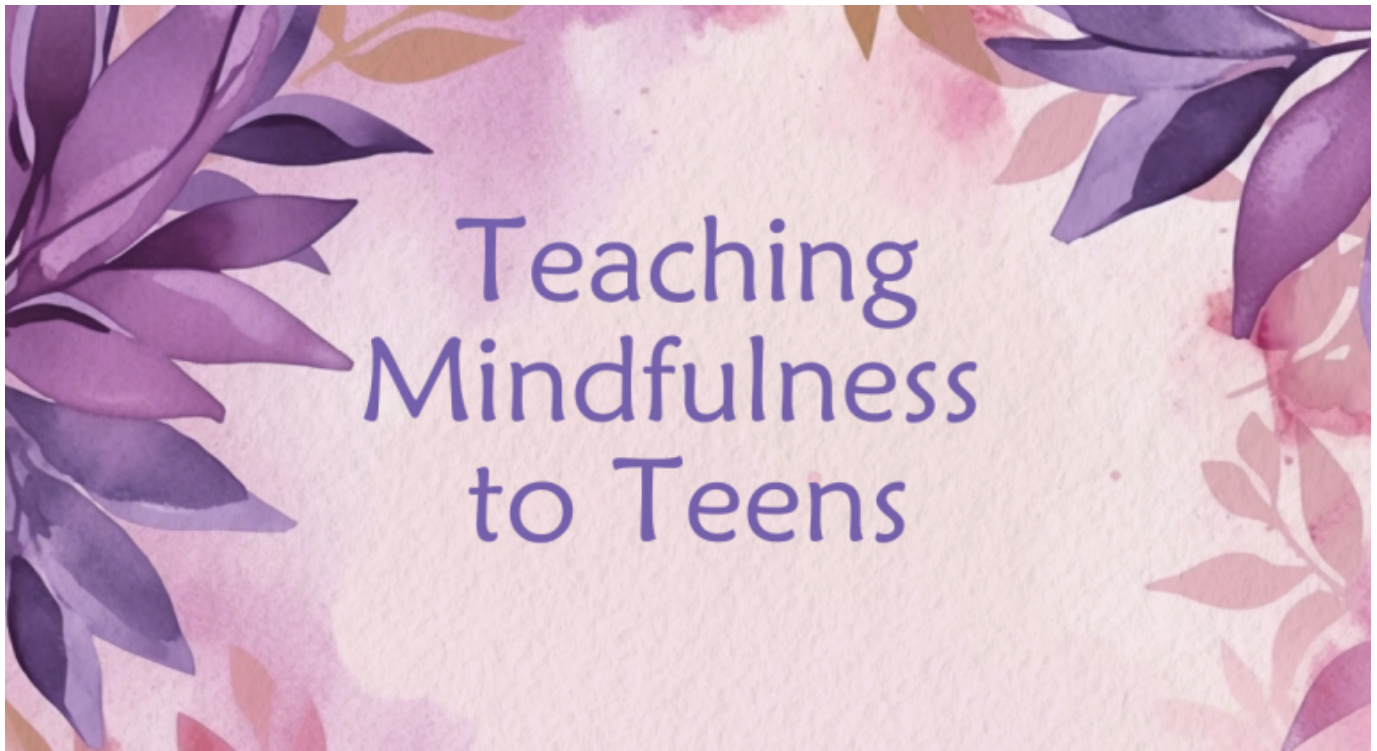


Mindfulness for Teens



Teaching Mindfulness to Teens: University of Toronto Continuing Studies

About **this course**:

This introductory workshop is designed for educators, counselors, and youth leaders who want to teach mindfulness to teenagers effectively. Through a combination of theoretical knowledge and practical application, participants will learn how to implement engaging mindfulness practices and strategies tailored to the unique needs of adolescents.

Who Should Enroll:

This course is ideal for educators, school counselors, youth

program leaders, and mental health professionals interested in integrating mindfulness into their work with teens. This program also applies to parents wishing to support their teens as they learn to manage the ups and downs of life.

Outcomes:

By the end of the course, participants will be equipped with the knowledge and skills to confidently teach mindfulness to teens, fostering resilience, emotional intelligence, and well-being in their students or participants. Extensive resources will be provided to support you on your journey.

Instructors

Heidi Bornstein, R.P. | Natalia Fister B.Eng., B.Ed.

This course can be applied towards the following certificate

- [Applied Specialization in Mindfulness Meditation](#)

What You'll Learn

- **Foundations of Mindfulness:** Explore the principles and benefits of mindfulness, focusing on its impact on mental health, emotional regulation, and academic performance.
- **Developmentally Appropriate Practices:** Understand the specific developmental stages of teens and how to adapt foundational mindfulness practices to resonate with this age group.
- **Mindfulness Techniques:** Learn and practice a variety of mindfulness exercises, including breathing techniques, reflective practices, and mindful movement, intended to calm the nervous system, with a trauma-sensitive and SEL (social and emotional learning) approach

- **Facilitating Group Dynamics:** Gain skills in leading group discussions, fostering a safe space for sharing experiences, and encouraging peer support.
- **Evaluating Impact:** Discover methods for assessing the effectiveness of mindfulness practices and gathering feedback from participants to refine your approach.



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 by Patricia A. Jennings](#)
- [The Mindful Teen: Powerful Skills To Help You Handle Stress One Moment At A Time by Dzung X Vo, MD, FAAP](#)
- [The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress by Gina M. Biegel MA LMFT](#)
- [Be Mindful & Stress Less 50 ways to deal with your \(crazy\) Life by Gina Biegel](#)
- [Take in the Good: Skills for Staying Positive and Living Your Best Life by Gina Biegel \(Author\), Breanna Chambers \(Illustrator\)](#)
- [Brainstorm: The Power & Purpose of the Teenage Brain by Daniel J. Siegel MD](#)

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