

# Wellness Workshops for Students K-12

Trauma-Sensitive and SEL-informed (SEL = Social and Emotional Learning)

## MINDFULNESS WORKSHOPS (9-12)

The program is based on The Mindful Edge (Stress Management and Life Strategies for Teens), an evidence-based, trauma-sensitive and Social and Emotional Learning informed program. It provides 5 integrated sessions from The Mindful Edge program as a practical foundation for high school students and post-secondary (grades 9-12, ages 13-19).

It is specifically designed for teens, who are experiencing the negative impacts of stress and anxiety during this time, as well as transitions to high school or post-secondary. The course provides practical, effective coping skills to manage life's challenges and helps educators and teens connect with themselves, their peers, and learning.

## MINDFUL YOGA WORKSHOPS (K-12)

Customized workshops using mindful movement to increase flexibility and strength, focus, and concentration. Yoga helps students to:

- Develop body awareness.
- Learn how to use their bodies in a healthy way.
- Manage stress through breathing, awareness, meditation and healthy movement.
- Build concentration.
- Increase their confidence and positive self-image.
- Feel part of a healthy, non-competitive group.

## WELLNESS WORKSHOPS (K-12)

Tailored workshops that introduce students to mindfulness practice, positive psychology strategies, stress management techniques, creativity, mindful movement and breathing practices, promoting positive health and well-being for well-being conferences, wellness days and positive mental health initiatives.

## OVERALL WORKSHOP GOALS:

Through mindfulness practice, activities and discussion, students learn to use simple and accessible tools to:

- Reduce the negative impacts of stress
- Support emotional regulation & resilience
- Improve focus and concentration through the cultivation of present-moment attention
- Develop the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or others.
- Encourage empathy, compassion and sense of community
- Cultivate relationship with self & others
- Provide skills for life



## WHAT STUDENTS SAY ABOUT MINDFULNESS

### SELF REGULATION

- I learned how to remain calm in tense situations.
- I am definitely going to continue the mindful breathing; it actually affects the decisions I make.

### SELF AWARENESS

- I learned self-control and how to deal with situations. I learned to concentrate just on myself.

### SELF CONFIDENCE

- I will not only appreciate the moment. I will appreciate the people in the moment.

### SELF WORTH

- I learned that saying warm wishes to myself and others makes me happy. The most important message would be to not be so hard on yourself.

### SELF ESTEEM

- I am more aware of right and wrong and I am able to be more focused in life.

### SELF CARE

- The program taught me to stay calm and take a chill pill sometimes.

### SELF HEALING

- I learned to cope with different situations. Before, I used to worry about random situations and I'd be sad all the time but the mindful breathing really helped me to approach problems differently.

**The sessions are engaging, participatory, information and fun, delivered by experienced mindfulness facilitators.**

**Find out more about how we can support well-being in your school.**

**TDSB Partnership**

**Approved Vendor with YRDSB Board Approved # V106736**

**Instructors with School of Continuing Studies, University of Toronto**

Mindfulness Everyday registered Canadian Charity # 83693 3507 RR0001

[www.mindfulnesseveryday.org](http://www.mindfulnesseveryday.org)

**Interested in booking? Curious to learn more? Pricing Information?**

**Contact us at [info@mindfulnesseveryday.org](mailto:info@mindfulnesseveryday.org)**

**We look forward to supporting you.**