

Wellness Workshops for Students K-12

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

MINDFULNESS WORKSHOPS (9-12)

The workshops are based on The Mindful Edge (Stress Management and Life Strategies for Teens), an evidence-based, trauma-sensitive and Social and Emotional Learning-informed program. They provide a practical foundation for high school students and post-secondary (grades 9-12, ages 13-19) and are 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. They provide practical, effective coping skills to manage life's challenges and helps educators and teens connect with themselves, their peers, and learning.

MINDFUL MOVEMENT WORKSHOPS (K-12)

Customized workshops using mindful movement to increase flexibility and strength, focus, and concentration.

Movement 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. The programming can focus on activities that support arts and/or sports, meeting students where their interests lie. These workshops are appropriate 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
- Enhance creativity and competency
- 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 relationships 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, informative 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

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

Contact us at info@mindfulnesseveryday.org

We look forward to supporting you.