

# K-12 Mindfulness and Yoga-related Training Courses/Curricula

Program Name/	Description	Founders	Grade Level	Training Time	Amt of Management	In-class teaching time
<b>Mindful Schools</b> Mindfulness program <b>Teacher Training + CURRICULUM</b>	Two 15' sessions/week by outside teacher or classroom teacher; Can be adapted by classroom teachers – e.g. for brief daily use.	See Info packet or <a href="http://www.mindfulschools.org">www.mindfulschools.org</a> to learn about the instructors	K – 12 tailored to specific age groups	7 weeks: Weekend (Foundations Training/FT) + 6 Weeks CT	Highly adaptable by Teachers/ Principals Program eval'n	Two 15' sessions/week, or - teacher may decide freq'y/duration
<b>Inner Explorer</b> Mindfulness program – based on MBSR <b>Teacher Training + CURRICULUM</b> (built into audio played daily)	Inner Explorer Programs follow the world-renowned MBSR protocol, and have been . The programs provide daily consistency, within the regular curriculum, with existing classroom teachers. Teachers and students learn and practice together.	Laura Bakosh, PhD and Janice Houlihan, MEd, developers  Outreach coordinator: Laurie Grossman <a href="mailto:lgrossman@innerexplorer.org">lgrossman@innerexplorer.org</a>	K-12 tailored to specific age groups	45' Online Training for Teachers – (no other training or prerequisites) <a href="http://www.innerexplorer.org">www.innerexplorer.org</a>	None required Collaboration between teachers using program recommended, as desired  Program evaluation advised (as for all programs listed)	10'/day Total of 90 sessions for each grade level – one/day for 1 <sup>st</sup> ½ school year, then repeat 2 <sup>nd</sup> ½ of year
<b>Yes! Program</b> Yogic Breathing program <b>Teacher Training + CURRICULUM</b>	Yogic breathing/ sharing, taught in phys-ed classes, total of 20 hours, can be formatted by school/ teacher	Internat'l Assn for Human Values <a href="http://www.youthempowermentseminar.org">http://www.youthempowermentseminar.org</a>	Teens	20 hours “beginners” training program: Must teach with certified teacher 1 <sup>st</sup>	Gunn HS implementing this year – ask reality re administration/mg't	Varies; E.g. single phys-ed periods several times/wk – total 20 hours

## COSTS:

**MINDFUL SCHOOLS – COST = PER TEACHER TRAINED** (i.e. one-time charge for a given teacher)

Group Rates are available for any school or organization sending 3 or more people to any Mindful Schools Course – 10%-30% discount

**Mindfulness Fundamentals: \$125** – or **\$87.50** with 30% discount for PAUSD teachers

**Curriculum Training: \$550** – or **\$440** with 20% discount for PAUSD teachers

**INNER EXPLORER – COST = PER CLASSROOM/YEAR: \$100/classroom/year**

**YES! PROGRAM – COST = PER STUDENT PER 20-hour program: \$10/student/20-hour program**

## EXPECTED OUTCOMES

- The research so far on each of these programs shows improvement in emotional regulation, focus, test results, emotional intelligence, improved social relations and classroom atmosphere. It is difficult at this time to compare them with scientific rigor, in terms of which is most “effective” for a given school, teacher, or child.
- The outcomes of repeated mindfulness practices vary depending on the practice itself. The power of the Mindfulness-based Stress Reduction (MBSR) program, developed by Jon Kabat-Zinn in 1979 and taught worldwide in over 800 places, is in its combination of breathing, body sensing, mindful movement (yoga, walking meditation), and sitting meditation.
- Mindfulness meditation (breathing-based, body scanning, mindful yoga, mindful walking and mindful sitting meditation, and lovingkindness and compassion practices have been shown - in over 700 studies since 1982 - to improve focus, attention, self-awareness, emotional regulation, improved immunity, resilience, improved interpersonal relationships, school and job performance, increased ability to live with pain and chronic conditions with less suffering, and much more.
- Breathing awareness and breathing practices offer a state of calm and increased emotional regulation.
- Body Scanning offers deep relaxation and a decrease in inner inflammatory processes, improvements/reduction in symptoms for conditions such as IBS and Crohn’s disease, fibromyalgia, and psoriasis
- Yoga alone is shown to offer immediate stress reduction effects.
- Yogic breathing offers a state of calm alertness, and in the YES! Program, an emotional openness; research is showing its benefits for cognitive functioning and improvements in empathy.

## WHAT TO KEEP IN MIND WHEN CHOOSING A PROGRAM

- All the elements in the chart above
- The practices taught are comparable for Mindful Schools and Inner Explorer – both were founded and developed using Jon Kabat-Zinn’s well-researched Mindfulness-based Stress Reduction as a foundation. The practices taught in the YES! Program are different – they are based in yoga practice and not “mindfulness” per se, though these are related practices, and mindfulness programs often include movement. Inner Explorer does not, but is likely to in its next iteration.
- Teacher’s Mindfulness background and experience with practice:
  - The programs have very different criteria for accepting teachers to be trained, and different levels of training required.
  - It is believed by many in the field of mindfulness that a teacher must have maintained a basic minimum amount of daily mindfulness/meditation practice in order to properly teach mindfulness. This is valid in the case of the teacher doing the classroom teaching, e.g. as they may do with the Mindful Schools and the Yes! programs.
  - However, the fact that a teacher may not (is likely not to) have their own established daily practice does not detract from the impact and effectiveness of the Inner Explorer program, which does the teaching – for the classroom teacher and the students to experience together.

## **Other Mindfulness Teacher Training programs include:**

### **Sitting Still Like a Frog - Young Kids**

Eline Snel, Founder, Instructor, Author

An Online Course in Teaching Mindfulness to Kids

<http://www.shambhala.com/sittingstill?siteID=1krYdMrIYN8-umipm47DRgLRcAm88w3iSA>

### **Stressed Teens**

Gina Biegel LMFT – Founder and Creator of Stressed Teens and the Mindfulness-Based Stress Reduction For Teens (MBSR-T) Program. Author of Mindfulness for Teens

Stressed Teens Online Certificate Program – 10 weeks (30 hours) For parents, educators, doctors, mental health and health professionals

[www.stressedteens.com/online-learning](http://www.stressedteens.com/online-learning)

### **Still Quiet Place**

Amy Saltzman, MD, Founder, Instructor, author

Still Quiet Place Online Training For teachers, health care and other professionals

Elementary School, extends to other levels, incl. teens

10-week online teacher training

<http://www.stillquietplace.com/event/still-quiet-place-online-training-2/>

### **InnerKids - K-2**

Susan Kaiser Greenland JD, Founder, Instructor, Author: The Mindful Child

No current programs offered. Pioneering program

### **The Kindness Curriculum - K-5**

From the Center for Investigating Healthy Minds at UWisconsin, created by Richie Davidson PhD et al

### **Quiet Time - 5 – 12**

Stress Reduction (not Mindfulness, per se)

# VIDEO (brief) LINKS - Mindfulness (and Yogic Breathing) Programs in Schools

## Mindful Schools

4' <https://www.youtube.com/watch?v=RVA2N6tX2cg>

41' <http://www.mindfulschools.org/resources/healthy-habits-of-mind/>

### Film Summary

**Mette Bahnsen**, a filmmaker in Denmark, has made a beautifully produced film about integrating mindfulness into education called “Healthy Habits of Mind”, which features:

**NEUROSCIENCE:** leading neuroscientist Dr. Richard Davidson explains the science behind mindfulness and how it can increase happiness and well-being in youth.

**IN-CLASS INSTRUCTION:** see kindergarten teacher Renee Harris (a Mindful Schools Curriculum Training graduate) teaching mindful breathing, listening, eating, movement, and heartfulness in her Berkeley, California public school classroom.

**TRAINING FOR EDUCATORS: the film peeks into a Mindful Schools Curriculum Training** course taught by Program Directors Megan Cowan and Chris McKenna. [Click here to learn more](#) about our courses for learning mindfulness, teaching youth, and becoming certified.

**THE VALUE OF MINDFULNESS IN EDUCATION:** interviews with Megan Cowan, Renee Harris, and Dr. Richard Davidson explain why mindfulness belongs in schools.

## Inner Explorer brings mindfulness practices to K-12 schools:

2.5' [https://www.youtube.com/watch?v=oDmZzWmkB\\_c](https://www.youtube.com/watch?v=oDmZzWmkB_c)

Great kid and teacher interviews

1' <https://www.youtube.com/watch?v=3R3lYhINH9Q>

Why mindfulness-based practices can help students improve their grades and test scores as well as improve their behavior in the classroom. Find out more by visiting InnerExplorer.org

## Yes! For Schools (Youth Empowerment Seminars)

3.5' <http://www.youthempowermentseminar.org>

Yes! Voices Video – great footage of a class in action, students describing the effects.

1.5' <https://vimeo.com/91003046>

### Overfelt High School Teacher Speaks on YES! Educator course

Ms. Chrisanne Beebe has been an Educator for 25 years! She took the YES! Educator course in March 2014 and has been practicing the breathing techniques everyday since. Her ELD students at Overfelt High School also got to experience the whole YES! program in March 2014. She supported and championed YES! in her class.

# Investigating Healthy Minds

7' <https://www.youtube.com/watch?v=Dzd444JvjCs>

Published on Aug 18, 2015

Wisconsin elementary-school teachers are incorporating simple mental exercises in the classroom to promote well-being, thanks to a partnership between the Madison Metropolitan School District and the Center for Healthy Minds at the Waisman Center, University of Wisconsin-Madison.

The Center worked with fifth-grade classroom teachers and other personnel at Glendale Elementary in Madison, Wis., during the 2014-15 school year, sharing practices with teachers and students to improve attention and students' emotion regulation skills.

Education experts at the Center are finding diverse ways to share these skills with kids, including songs and pop culture.

## InnerKids

5'

<http://www.mindful.org/inner-kids-resources-for-practicing-mindfulness-with-children/>

(Program no longer active, but YouTube videos great for K-2 teachers to watch, for ideas and great modeling)

## MindUp

Here is a look at what the Mind-Up Curriculum in a Grade One class at MPCs looks like.

3' [https://www.youtube.com/watch?v=Ia\\_lRfrgrGU](https://www.youtube.com/watch?v=Ia_lRfrgrGU)

This program is no longer very active, but the materials – and the easily accessible curricula for Pre-K-2, 3-5, and 6-9 with clear usable neuroscience information are worth checking out. <http://thehawnfoundation.org/mindup/mindup-curriculum/>

### MindUP Curriculum

*In 15 comprehensive lessons, our curriculum scaffolds core academic programs, delivering a set of social, emotional and self-regulatory strategies and skills, developed for pre-K through middle school students. Published by Scholastic, Inc., The MindUP™ Curriculum (2011) is available in both hard copy and e-book form.*

*The MindUP curriculum helps children:*

- Improve focus, concentration, and academic performance
- Reduce stress and anxiety
- Handle peer-to-peer conflicts
- Manage emotions and reactions
- Develop greater empathy toward others
- Choose optimism

Purchase the [MindUP™ Curriculum](#) Today!

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