

Mindfulness in the Classroom

Co-sponsored with the EDCO Collaborative - EDCO Members please register through EDCO for discounted rate

Course Description: We are in the midst of a mindfulness revolution. Businesses are offering classes for their workers, health care providers are recommending its practice to their patients, and now educators are discovering the benefits of integrating mindfulness in their classrooms.



The school day is filled with numerous internal and external distractions for students, teachers, and other school-based professionals. Noticing when these interruptions in the day arise and being able to redirect one's attention to the task at hand is an important skill for students and teachers alike. Research has proven that when young people learn to be more present and less anxious, they often find they can pay attention better and improve the quality of their performance. Teachers, too, can improve their practice when they are more focused and able to put aside distractions.

Each day will begin with an optional yoga session from 8:00 a.m. - 9:00 a.m. at no additional cost.

About the Instructor: Tracy Affonso is currently on a leave of absence from the Newton Public School system, where she has taught third or fourth grade for the past 10 years. She is a 500 Hour Registered Yoga Teacher and teaches yoga, meditation, and mindfulness classes and workshops in the greater Boston area. She has extensive experience working with children and has used mindfulness practices with students of all ages. The workshop will introduce participants to the basic principles of mindfulness and some simple techniques that teachers can use with their students and for their own practice.

Audience: K-8 Educators

Date & Time: Tuesday - Thursday: July 18-20, 2017

9:00AM – 1:00PM

Earn: 12 PDPs

Cost: \$195 TEC / EDCO Members / \$245 Non-TEC Members

Location: EDCO Collaborative, 36 Middlesex Turnpike
Bedford, MA

Grad Credit: 1 credit from Worcester State University for
an additional \$125, payable at the first class



To register: Go online to http://www.tec-coop.org/PDL_RegForm.html or complete this form and send, **along with a check or PO**, to:
TEC Professional Development, 141 Mansion Drive, Suite 200, E. Walpole, MA 02032

Register me for "Mindfulness in the Classroom" on 7/18/17!

TEC Member District: \$195 Non-TEC Member District/Private School: \$245

Name: _____ School: _____

Home address: _____ Role: _____

City, state, zip code: _____ Address: _____

Email: _____ City, state, zip code: _____

Home phone: _____ Work phone: _____

*Withdrawals: No credits/refunds will be given unless TEC is notified 10 business days before the first class. All payments processed upon receipt.
There is a \$5 cancellation fee.*