The Art of Mindfulness
Weaving Mindful Practices Into the Classroom Through the Arts and Social Emotional Learning
Peggy Burt, Mindful Strategies, Statewide Arts Education Consultant

Experience a six-part professional learning series to understand ways to incorporate the arts and mindfulness into the classroom in support of social emotional learning. Suitable for teachers, counselors and administrators at all grade levels K–12th grade.

LEARNING OUTCOMES
Participants will:
1) Experience mindful practices and reflect on their applications.
2) Connect and integrate the practices with a different arts discipline and SEL focus each session.
3) Review a new lesson plan each session that will be shared to build practices in integrating SEL, mindfulness and the arts.
4) Participate in closing conversations: application and reflection.
5) Provide feedback on the practical application in the classroom to deepen understanding from one session to the next.

1) Tuesday, August 16, 2022
Kick off Professional Learning Session for The Art of Mindfulness
Mindful practices to soothe, practices to energize, practices to focus.
• Experience mindfulness as your own practice.
• Explore approaches to weave mindful practices into the classroom throughout the day.
• Discover ways to integrate arts with SEL and mindfulness.
• Landscape of Emotions.

2) Wednesday, September 14, 2022
Focus: Self Awareness/Self-Management
• Theatre of Silent Movement: Pantomime and Mirroring.
• Mask of emotions.
• Mindfulness of the thoughts and emotions.
• Breath Awareness – comfort with silence.

3) Tuesday, October 11, 2022
Focus: Self Awareness/Self-Management
• The Dance of Mindful Movement.
• Mindfulness of the Body.
• Moving with a focus to soothe, and a focus to energize.
• Walking Mindful Practices.

4) Wednesday, November 16, 2022
Focus: Social Awareness/Relationship Skills
• Mindfulness and appreciation of Music and how it impacts mood and emotion.
• Mindfulness of ears/sounds.
• Echo back/call and response.

5) Thursday, February 16, 2023
Focus: Self Awareness/Social Awareness
• The mindfulness of Visual Arts/Color.
• Mindful Eyes, Mindful Heart, Emotions associated with color.
• Visual Thinking Strategies/See, Think, Wonder.
• Body scan with color.
• Gestural drawing.

6) Tuesday, March 14, 2023
Focus: Relationship Skills/Responsible Decision Making
• The mindfulness of Literary Arts and Storytelling.
• Mindful Poetry: Partner Poems
• Fables for understanding responsible decision making.
• Words from the Heart – point of view/perspective taking.

For additional information, please contact:
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Audience: All Teachers, TK-12
Time: 3:30 p.m. – 5:00 p.m. (All Classes)
Location: Zoom
Registration fee: $150.00 (Six Classes)
Register online: https://rcoe.k12oms.org/485-220704

Note: No refunds after deadline date. No refunds for no-show participants. All cancellations must be made in writing before the deadline date. Participants that are outside of Riverside County will be able to pay by credit card only. Please choose the Authorize.net payment option when registering.