

## A Mindful Approach to Teaching

**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.

This course will provide practical strategies for incorporating mindfulness practices into your classroom practice and into your life outside the classroom.

**About the Instructor:** **Tracy Affonso** is a former elementary school teacher, having taught first at a charter school in Fall River, MA and then for the Newton Public School System for ten years. She is a 500 Hour Registered Yoga Teacher and teaches yoga, meditation, and mindfulness classes and workshops in the greater Boston area. Tracy 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-12 Educators

**Date & Time:** Tuesdays: February 27, March 6, 13, 20,  
April 10, 2018  
4:00PM– 7:00PM

**Earn:** 15 PDPs

**Location:** TEC Professional Learning Center, East Walpole

**Earn:** 15 PDPs

**Cost:** \$275 TEC Members / \$320 Non-TEC Members

**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](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: Ways to Enhance ..." on 2/27/18!

TEC Member District: \$275  Non-TEC Member District/Private School: \$320

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.*