

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 Schools 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: All K-12 Classroom Teachers
Date & Time: Tuesday-Thursday, July 23-25, 2019
9:00AM – 2:00PM
Earn: 13.5 PDPs

Location: TEC Professional Learning Center, East Walpole
Cost: \$260 / TEC Members; \$300 / Non-TEC Member
Grad Credit (optional): 1 grad 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 "A Mindfulness Approach" beginning 7/23! TEC Member District: \$260 Non-TEC Member District / Private School: \$300

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.