



## More Than Mindfulness Conference:

*Exploring Education as a Sacred Art*

### **Session 1 Workshops: 1:45-3:15**

#### ***Engaging Our Parents As Part of the Education Conversation***

In this workshop we will explore techniques that empower our families to collaborate with the classroom teacher. Methods such as listening conferences, State of Grace documents, Parent Meetings, Newsletters, and more will be shared, to show how a few manageable steps can build the village that creates a powerful learning environment for our children.

Suggested Audience: Preschool-8th grade Educators and Administrators, School Counselors other Mental Health Professionals, Exceptional Education Teachers, Parents

#### ***Religion & Spirituality: A conversation for the Modern Classroom***

In this session we will devote time to defining both Spirituality and Religion. We will create a dialogue about the impact these concepts have on education today, and explore samples of lessons and activities that can be used to foster a child's understanding of these highly evolved concepts.

Suggested Audience: Anyone interested in exploring the impact of Spirituality and Religion on our youth.

#### ***Learning Through a Holistic Lens***

In this workshop we will explore how teaching the whole child enhances the learning path of all children, but can positively and powerfully impact students with diverse learning needs. We will share strategies, lessons, and activities to engage children of all ages in facing their challenges, while reinforcing their strengths and self-concept.

Suggested Audience: K-8 Educators and Administrators, Exceptional Education Teachers, Parents

#### ***Mindfulness and Movement***

Today we will explore the connections between body and mind, as we discuss, practice, and debrief activities that can bring awareness to our physical selves. Many children crave movement throughout the day, and these tools are designed to both nurture their need to be "in their bodies" while also help them become more aware of how to self-regulate and re-engage in quiet and focused activities.

Suggested Audience: PE Teachers, Preschool-8 Educators, Parents, School Counselors, Exceptional Education Teachers

### **Session 2 Workshops: 3:30-5:00**

#### ***Exploring our Interconnectedness to the Natural World***

In this day and age, an understanding of the human impact on the environment is virtually impossible to ignore. In this workshop we will investigate how to infuse a love and appreciation of the natural world into

our lesson plans and classroom activities for our littlest learners, so that they can become environmental stewards.

Suggested Audience: Preschool-2nd Grade Educators, Parents

### ***The Art of Storytelling***

Come join us for a fun session designed to bring back the sacred art of storytelling to the classroom. Learn how the ancient act of gathering for fellowship around the fire can lead to relevant learning in all classroom settings, today. Children young and old can be inspired by story to understand history, gain perspective of the diverse human experience, experience gratitude for the magic and science of the natural world, and much more.

Suggested Audience: Preschool-8 Educators, Parents

### ***What If We All Just Led with Compassion?***

In this world of texting, tweeting, and Facebook, our children have never been more disconnected from the impact of communication. Let's gather together and discuss how we can teach our young people to be mindful of their words, selective in their online profiles, and understanding of the values in face to face conflict resolution. We will share various communication strategies designed to foster clear and nonjudgmental conversations that give rise to the benefits of facing challenges with honesty and trust.

Suggested Audience: 4-8th Grade Educators and Administrators, Parents, School Counselors other Mental Health Professionals, Exceptional Education Teachers

### ***The Question Box; A Look at the Wonderings of our Youth and How to Face Them***

Coming of age is often a special time in many cultures marked with celebration and ceremony. However, it can also be a time of confusion, questioning and growth as our youth explore ideas of ethics, peer relations, puberty, gender, intimacy and much more. In this workshop we will share the curriculum, conversations, and learning moments from Rainbow's implementation of a social/emotional curriculum designed to embrace and encourage open dialogue around these topics that can feel taboo in our society.

Suggested Audience: 4-8th grade Educators and Administrators, Parents, School Counselors and other Mental Health Professionals