

# **Agenda**

## **Learning Lotus®: Cultivating calm and compassionate kids**

### **Module 1: The Learning Brain and Mindfulness for Children**

Current Assaults on Child Development

Defining Mindfulness

Mindfulness Research in Child Development and Education

Mindfulness and the Brain

Resources

### **Module 2: Mindful Movement Activities**

Mindfulness Exercise and Review

Mindful Movement Principles and Activities

Ways to Integrate into the School Day

Breathwork for Calming and Arousing

Movement as Natural Balance

Activities and Resources

### **Module 3: Mindfulness Activities to Promote Academic and Social Learning**

Mindfulness Exercise and Review

Stages and Areas of Social Emotional Learning

Self-Awareness, Self-Regulation, Social Awareness, Perspective Taking, Flexibility, Grit

Community-Based Classrooms and Schools, Activities

Academic Tie-Ins

Visualization/Guided Imagery Exercises

Resources and Activities

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### **Module 4: Mindfulness Practices for Adults and the Role of Self-Care**

Mindfulness Exercise and Review

Research and Discussion on Professional Burnout

Mindful Meditation as a Means of Self-Care

Muscle Release Exercise

Body Scan Exercise

Smiling Meditation

Color Meditation

Loving Kindness Meditation

Rituals of Self-Care: Make the Ordinary Extra-Ordinary

Professional Boundaries, Conserving Energy, Protecting Your Time

Research