



Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

Mindfulness-Based Practices to Support Educator and Student Well-Being

Thursday, May 8, 2025

8:30-11:30 or 12:00-3:00

Presented by Heidi Brown, TAP Consultant, Mindfulness and Social Emotional Learning

Integrating simple trauma-informed mindfulness-based practices into your school or classroom has been shown to support educator well-being and at the same time support student mental health, social emotional learning, and academic engagement. Develop the confidence to lead simple practices in your classroom in the fall. In this experiential workshop, participants will:

- ◆ Understand the impacts of trauma and chronic stress for students and educators
- ◆ Learn a 10-minute gentle mindful movement practice that can be done sitting in a chair or standing to release stress and tension
- ◆ Practice a variety of breathing techniques to help calm busy minds and energize tired bodies
- ◆ Experience centering practices to cultivate self-awareness (one of the core CASEL SEL competencies and a precursor to self-regulation)

"It was great. Appreciated all of the mini mindful moments/practices that we were encouraged to participate in. Helped keep me engaged and awake." - Previous workshop participant

The PM session is the same as the AM session. A Survey will be posted in the zoom chat at the end of the presentation. You must complete the survey to receive a Certificate of Completion. You can join the PM session if you miss part of the AM session.

AM Click →

[HERE](#)

OR

PM Click →

[HERE](#)