



Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

Mindfulness-Based Practices to Support Social & Emotional Learning

Thursday, October 30, 2025

8:30-11:30 a.m. or 12:00-3:00 p.m.

Presented by Heidi Brown, C-IAYT, TAP Consultant

Mindfulness-based practices contribute to stress resilience and trauma healing and thus are a foundational requirement for social emotional learning to be sustainable and successful. In this experiential workshop for educators and families, you will learn:

- Mindfulness basics. Understand the science that reinforces why mindfulness-based practices are beneficial for physical, mental, and emotional well-being.
- The connection between mindfulness-based practices, the 5 SEL competencies from the Collaborative for Academic and Social Emotional Learning (CASEL), and academic achievement.
- Culturally relevant suggestions for incorporating mindfulness-based practices for students with disabilities, students experiencing poverty, Native American students, and English learners.

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 

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