



Classroom Instruction

Our classroom instruction model is flexible, but typically includes:

- 8 or 16 on-site lessons
(30 minutes twice per week OR 45-60 minutes once per week)
- Mindful Toolkit materials/assembly (per class or student)
- Brief practices in between lessons
- Differentiated content responsive to needs

Please know that teachers are expected to be fully present during lessons. In teaching simultaneously to students and teachers, we are able to build common understandings. Teachers may develop skills and confidence to support their students, and perhaps take the next step in bringing more mindfulness to their classrooms or the school community at large.

We are happy to provide further clarification on any of the above. Just ask!