



Classroom Instruction

Our classroom instruction model is flexible, but typically includes:

- 8 or 16 on-site lessons
(one weekly visit of 45-60 minutes or twice weekly of 25-30 minutes)
- Mindful Toolkit materials (takeaways for the class)
- Brief, feasible practices for teachers to lead in between lessons
- Differentiated content responsive to needs

Teacher Expectations:

Teachers should be fully present during lessons. In teaching simultaneously to students and teachers, we are able to build a mindful culture through common language and shared experiences. Teachers will usually develop skills and confidence to support their students, and perhaps take a 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!