



# Mindful Kids Miami and Miami-Dade County Public Schools

**Mindful Kids Miami** has provided mindfulness trainings to over 3000 students, teachers, and other staff within Miami-Dade County Public Schools. In addition to workshops at schools, we provide the 8-week Mindfulness Based Stress Reduction Program primarily to educators. Many of the participants went on to take MKM's 12-week Mindful Teachers' Training Program, where teachers learn the qualities of a present educator and to weave mindfulness practices within their classrooms at the appropriate times throughout the school day. The exponential result is that thousands of children in classroom settings are benefitting from mindfulness practices.

## **Phase 1: Mindfulness-Based Stress Reduction (MBSR) Program**

Mindfulness is a way of learning to relate directly to whatever is unfolding in your life, moment-to-moment, with awareness, compassion, acceptance, and curiosity. The Mindfulness-Based Stress Reduction (MBSR) Program is an 8-week intensive training in mindfulness practice, which meets on a weekly basis for 2.5 hours, and includes a day retreat.

Since Dr. Jon Kabat-Zinn created it in 1979, hundreds of thousands of people have completed the MBSR program and learned how to use their innate resources and abilities to respond more effectively to stress, pain, and illness. MBSR is a mainstream, scientifically informed approach that operates in harmony with any belief system or spiritual experience and can be practiced by people of all backgrounds with no prior experience.

## **Phase 2: Mindful Teachers' Training Program (MTTP)**

The Mindful Teachers' Training Program (MTTP) is a 12-week fun and experiential training for educators preparing them to teach age-appropriate mindfulness practices, games, activities, and skills based on social-emotional learning. These methods strengthen children and youth's ability to pay attention, focus, increase impulse control, regulate behavior, and cultivate tolerance, compassion and empathy for themselves and others. (MBSR is a required pre-requisite)

**The Mindful Teachers Training Program is divided into four modules:**

- Mindful Movement**
- Mindful Games & Exercises**
- Mindful Relaxation**
- Kindness Practices**

