



mindful littles®

# MYSELF™ for Educators

*Mindfulness, Yoga, Service, Social-Emotional Learning & Fun*

## Faculty & Staff Programs

### Wellness Habits for Improved Productivity

*Improve productivity, efficiency and focus by integrating wellness habits into staff meetings.*

- 6-week program: 5-10 min virtual facilitation of mindful habits during staff meetings
- 30-min Optional Self-Care Sessions right before or after staff/leadership meetings
- Access to Mindful Minute Recordngs

### Compassionate Listening Circles

*Provide a safe, facilitated space to help teachers and staff to share and release stress.*

- 45min- 1 hour session
- Movement, Self-Care & Circle to Listen/Share
- Can be: Series or Singular Workshops

## The Gift of Self-Care

### Peace & Self-Care Kits for Teachers/Staff

- We help organize peace & self-care kits for your teachers and staff through youth-led service projects.
- Sign your school up and we will organize the entire project to provide special mindfulness, self-care tools for your teachers.



There is a  
mindful  
little in  
each of us.

### Teacher Testimonial

"I am able to use (breathing techniques) with students when they are frustrated, angry, or feeling anxious, too. I model and use them when I feel this way as well!"

-Paradise Ridge Elementary



### Mindful Makeovers: Teacher's Lounges

- Joining forces with Starbucks we bring mindful makeovers to teacher's lounges to create a peaceful, inviting space for teachers and staff.
- Contact Mindful Littles to learn more about this unique program offering.

For more information visit [mindfullittles.org](http://mindfullittles.org) or email [info@mindfullittles.org](mailto:info@mindfullittles.org).