

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 <u>before</u> or <u>after</u> staff/leadership meetings
- Access to Mindful Minute Recordngs

Compassionate Listening Circles

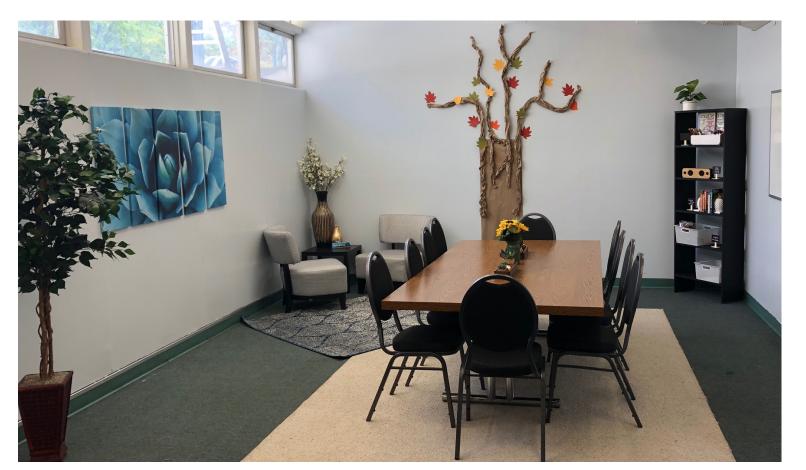
Provide a safe, facilitated space to help teachers and staff to share and release stress.

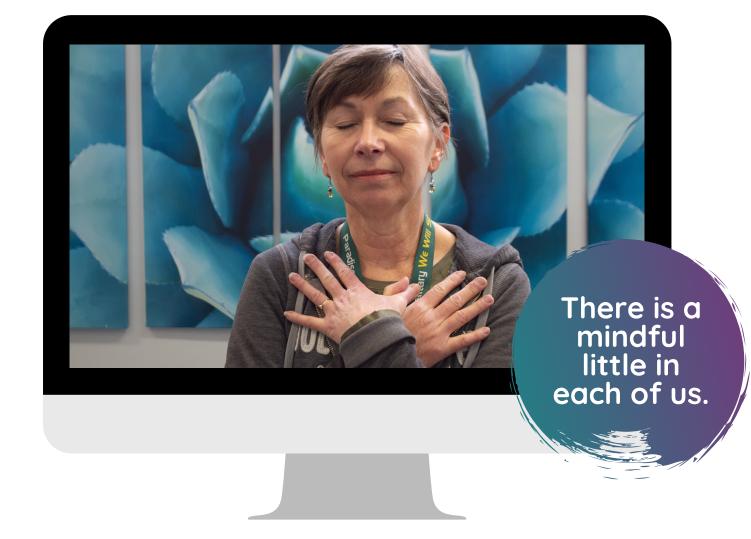
- 45min-1 hour session
- Movement, Self-Care & Circle to Listen/Share
- Can be: Series or Singular Workshops

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.





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.