



Take the VIRTUAL challenge to cultivate your well-being through a mindfulness practice while recharging your work with positive, safe, supportive, equitable, and inclusive environments. This May Mindfulness Challenge will be tailored for any educator within an organization interested in supporting their own well-being and gaining the simple insights and practices which can have a downstream impact on students, families, and colleagues.

Dates: May 1, 8, 15 & 22, 2023

Time: 2:45 p.m. to 4:00 p.m. Pacific Standard Time

Cost: \$85

Registration:

<https://form.jotform.com/230557334349156>

RECORDINGS WILL BE AVAILABLE

**Engage in a mindfulness meditation that is aligned with your Social Emotional Behavioral (SEB) work.
Dialogue with a community of practice.
Consider asynchronistic opportunities for promoting new habits.**

MONDAY MOMENT #1: May 1, 2023 **Mindfulness Practice of AWARENESS**

Be calmer and more focused by practicing mindfulness & strengthening attention.

MTSS-SEB Mindfulness Scripts:

- o Self-Awareness and Self-Regulation Toolkit
- o Mindfulness of Emotions

Resource Dialogue:

- o [Emotional Style Questionnaire - Healthy Minds Innovations \(hminnovations.org\)](http://hminnovations.org)
- o [The How We Feel App: Helping Emotions Work for Us, Not Against Us < Yale School of Medicine](http://yale.edu)

MONDAY MOMENT #2: May 8, 2023 **Mindfulness Practice of CONNECTION**

Learn simple skills to build healthy relationships & foster caring interactions with others.

MTSS-SEB Mindfulness Scripts:

- o Cultivating Positive Student-Teacher Relationships
- o Appreciation Matrix (Noticing the Positive & Negativity Bias)

Resource Dialogue:

- o [Center on PBIS | Resource: Building a Culture of Staff Wellness Through Multi-Tiered System of Supports](http://pbis.org)

MONDAY MOMENT #3: May 15, 2023 **Mindfulness Practice of INSIGHT**

Increase the skill of self-inquiry to see how our thoughts, emotions and beliefs shape our experience.

MTSS-SEB Mindfulness Scripts:

- o Getting Curious (Not Furious) with Students
- o Avoid Assumptions Leading to Frustration

Resource Dialogue:

- o [Mindfulness-based Training in Preservice... | Center for Healthy Minds \(centerhealthyminds.org\)](http://centerhealthyminds.org)

MONDAY MOMENT #4: May 22, 2023 **Mindfulness Practice of PURPOSE**

Clarify and deepen personal values and principles to bring depth to relationships & meaning to your pursuits.

MTSS-SEB Mindfulness Scripts:

- o Flip the Script (Reframing Your Perspective)
- o What is Your VDP? (Vulnerable Decision Point)

Resource Dialogue:

- o [Following pandemic, educators are not all... | Center for Healthy Minds \(centerhealthyminds.org\)](http://centerhealthyminds.org)

Application Tools:

- ▲ [How We Feel](http://howwefeel.org)
A journal for your wellbeing that provides check-in to track your emotions, spot patterns as they appear over time and learn new ways to help yourself in the moment.
- ▲ [Try Our Free App for Guided, Mindful Meditation | Healthy Minds Innovations \(hminnovations.org\)](http://hminnovations.org)
An easy-to-use series of podcast-style lessons that teaches about the neuroscience of mindfulness while exploring the four pillars of wellbeing (Awareness, Connection, Insight & Purpose).

For additional information, please contact cristy@pbiscaltac.org
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