



The Arts

The Art of Mindfulness

Weaving Mindful Practices Into the Classroom Through the Arts and Social Emotional Learning

Peggy Burt, Mindful Strategies, Statewide Arts Education Consultant

Experience a six-part professional learning series to understand ways to incorporate the arts and mindfulness into the classroom in support of social emotional learning. Suitable for teachers, counselors and administrators at all grade levels K–12th grade.

LEARNING OUTCOMES

Participants will:

- 1) Experience mindful practices and reflect on their applications.
- 2) Connect and integrate the practices with a different arts discipline and SEL focus each session.
- 3) Review a new lesson plan each session that will be shared to build practices in integrating SEL, mindfulness and the arts.
- 4) Participate in closing conversations: application and reflection.
- 5) Provide feedback on the practical application in the classroom to deepen understanding from one session to the next.



Audience: All Teachers, TK-12

Time: 3:30 p.m. – 5:00 p.m. (All Classes)

Location: Zoom

Registration fee: \$150.00 (Six Classes)

Register online: <https://rcoe.k12oms.org/485-220704>

Make payment payable to:

Riverside County Office of Education

Mail to:

Riverside County Office of Education

Attn: Accounts Receivable

P.O. Box 868

Riverside, CA 92502-0868

Note: No refunds after deadline date. No refunds for no-show participants. All cancellations must be made in writing before the deadline date. Participants that are outside of Riverside County will be able to pay by credit card only. Please choose the Authorize.net payment option when registering.

For additional information, please contact:

Louisa Higgins, Administrator, The Arts | lhiggins@rcoe.us

- 1) **Tuesday, August 16, 2022**
Kick off Professional Learning Session for The Art of Mindfulness
Mindful practices to soothe, practices to energize, practices to focus.
 - Experience mindfulness as your own practice.
 - Explore approaches to weave mindful practices into the classroom throughout the day.
 - Discover ways to integrate arts with SEL and mindfulness.
 - Landscape of Emotions.
- 2) **Wednesday, September 14, 2022**
Focus: Self Awareness/ Self-Management
 - **Theatre** of Silent Movement: Pantomime and Mirroring.
 - Mask of emotions.
 - Mindfulness of the thoughts and emotions.
 - Breath Awareness – comfort with silence.
- 3) **Tuesday, October 11, 2022**
Focus: Self Awareness/ Self-Management
 - The **Dance** of Mindful Movement.
 - Mindfulness of the Body.
 - Moving with a focus to soothe, and a focus to energize.
 - Walking Mindful Practices.
- 4) **Wednesday, November 16, 2022**
Focus: Social Awareness/ Relationship Skills
 - Mindfulness and appreciation of **Music** and how it impacts mood and emotion.
 - Mindfulness of ears/sounds.
 - Echo back/call and response.
- 5) **Thursday, February 16, 2023**
Focus: Self Awareness/ Social Awareness
 - The mindfulness of **Visual Arts/ Color**.
 - Mindful Eyes, Mindful Heart, Emotions associated with color.
 - Visual Thinking Strategies/See, Think, Wonder.
 - Body scan with color.
 - Gestural drawing.
- 6) **Tuesday, March 14, 2023**
Focus: Relationship Skills/ Responsible Decision Making
 - The mindfulness of **Literary Arts and Storytelling**.
 - Mindful Poetry: Partner Poems
 - Fables for understanding responsible decision making.
 - Words from the Heart – point of view/perspective taking.