



## LILIE, LLC Course Information

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*\*More detailed course curriculum, including graduate level, alignment with standards, culturally responsive practices, assessments and resources, can be provided upon request*

**Title of Course:** Encouraging Mindfulness into Today's Classroom

**Course Description:** This course will encourage teachers to use mindfulness techniques to enhance their curriculum. Using mindfulness in the classroom can help meet the challenges of the twenty-first century. Becoming mindful will deepen knowledge and foster an environment in which the school community will become self-aware. More students than we know come to our classrooms with social and emotional deficits, trauma and behaviors that can get in the way of learning. Mindfulness practices enhances learning, helps students and teachers to better understand themselves, recognize and identify their emotions, improves their social behavior, promotes healthy development and helps them function more effectively as individuals. If we teach children how to become aware of their feelings, minds and bodies, students will be more apt to show empathy for others, make responsible decisions and develop positive relationships. Through mindfulness, we will lay the foundation for a better way to learn in a culturally responsive, non bias and loving context.

### **Instructor Consultation and Interaction**

The course is an asynchronous online course that is available for instructor and student participation 24/7. The four-week duration of the class is broken down into four weekly sections each comprised of lecture in the form of instructor created articles and content, web links to academic and professionally reviewed articles in the discipline of general education, and instructor created discussion questions which are, in and of themselves, formative assessments to determine the extent to which the enrollees have comprehended and mastered the skills and information and begun to apply it to their personal teaching practices. The answers to these questions are the basis for the class interaction, as enrollees are required to respond to each other within the classroom.

### **Proof of Course Completion**

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits provided by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructor that reflect the content, skills/ strategies learned and assessments covered in course. These enrollee postings must be made six times each week, in separate sessions, and including a minimum of 4 academic posts and at least 2 peer-peer comments of others' postings and possible shared assignments. Enrollees are required to submit a detailed reflective feedback n in combination with the archived work. Attempts to falsify record or discussion board entries will result in denial of credit and a report to the enrollee's employer.



## Scope & Sequence/Weekly Topics and Objectives

### Session I

<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Learn what Culturally Responsive teaching is, how it differs from “traditional” teaching and why the course will examine mindfulness through this lens.</li> <li>• Explore Equity in education.</li> <li>• Learn what mindfulness is; non-judging, present moment awareness and how it makes a difference.</li> <li>• Examine the relationship between mindfulness and Equity.</li> <li>• Discuss how mindfulness and SEL work simultaneously.</li> </ul>
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Culturally Responsive teaching</li> <li>• Equity in education</li> <li>• What is mindfulness</li> <li>• Mindfulness, cultural responsiveness and equity relationship</li> </ul>
<b>Application to Instruction &amp; Student Learning</b>	<ul style="list-style-type: none"> <li>• Understand and explain the relationship between mindfulness and equity in the classroom.</li> <li>• Explain ways cultural responsiveness can be implemented into the classrooms to make it a fair learning environment for all students.</li> <li>• Explore and define mindfulness.</li> <li>• Understands why promoting equity rather than equality in the classroom is important.</li> <li>• Will understand why providing opportunities to explore avenues that connect learning to social concerns that are relevant to students and encourage them to enact meaningful change when appropriate</li> <li>• Demonstrate knowledge of content</li> </ul>

### Session II

<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Reflect on their own identities and understand how these factors shape their teaching</li> <li>• Gain insight in how you emotionally respond in various situations</li> <li>• Experience the benefits of using mindfulness attitudes like acceptance, kindness, gratitude and curiosity</li> <li>• Define a fixed vs. growth mindset</li> <li>• Learn why mindfulness has a positive impact on educators implementing a Culturally Responsive classroom and their students</li> </ul>
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Reflect on your own identities</li> <li>• Respond vs. React</li> <li>• Fixed vs. Growth Mindset</li> <li>• Mindfulness and Growth Mindset</li> </ul>

<b>Application to Instruction &amp; Student Learning</b>	<ul style="list-style-type: none"> <li>• Share how their own identities shape their teaching</li> <li>• Identify how their own bias may impact the curriculum and make plans to address them</li> <li>• Share experiences and teaching practices with one another and interact with the instructor</li> <li>• Define a fixed and growth mindset</li> <li>• Explain ways to move towards a growth mindset</li> </ul>
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**Session III**

<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Create a lesson plan that promotes students to a growth mindset</li> <li>• Explore how mindfulness affects the brain</li> <li>• Understand how mindfulness helps to ease anxiety and every day stressors</li> <li>• Explore the effects of mindfulness on student outcomes, including those from trauma stricken families and from marginalized populations</li> <li>• Learn breathing technique to ease everyday stressors in the classroom</li> </ul>
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Growth Mindset Lesson Plan</li> <li>• Science and Mindfulness: Affects on the Brain</li> <li>• Mindfulness and Breathing Techniques in the Classroom</li> </ul>
<b>Application to Instruction &amp; Student Learning</b>	<ul style="list-style-type: none"> <li>• Share a lesson that will promote a growth mindset</li> <li>• Explain how mindfulness affects the brain</li> <li>• Discover how mindfulness has a positive impact on mental disorders, and on marginalized, trauma stricken environments</li> <li>• List and describe breathing techniques that will help ease every day classroom stressors</li> </ul>

**Session IV**

<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Set higher level thinking and engagement for all students</li> <li>• Explores positive self-talk and metacognitive strategies</li> <li>• Uses community building activities to promote peer support</li> <li>• Learn that it is possible to overcome challenges</li> <li>• Be familiar with using a range of mindfulness techniques</li> <li>• Establish a positive culture for learning</li> <li>• Explore mindfulness techniques to use in the classroom to create an environment of respect and rapport</li> <li>• Create a Peaceful Place</li> <li>• Reflect upon learning</li> </ul>
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Mindfulness and Journaling</li> <li>• Mindfulness and Picture Books</li> <li>• Creating a Peaceful Place</li> <li>• Reflection and Evaluation</li> </ul>
<b>Application to Instruction &amp; Student Learning</b>	<ul style="list-style-type: none"> <li>• Explore techniques to use in the classroom that create a mindful atmosphere and promote an equitable classroom</li> <li>• Explain ways they can implement mindful activities into their classrooms to make it a fair learning environment for all students</li> <li>• Explore and create lesson plans for mindful breathing, mindfulness and journaling, and mindfulness and picture books</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Will understand why providing opportunities to explore avenues that connect learning to social concerns that are relevant to students and encourage them to enact meaningful change when appropriate</li><li>• Demonstrate knowledge of content</li></ul> |
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