



*create yourself as a masterpiece*

## Our Mission

Masterpeace Studios is a non-profit organization bringing communities together who are dedicated to realizing greater levels of health, well-being and happiness.

Our Mission is to inspire and empower people of all ages to embody a mindful and holistic approach to healthy living and to experience self awareness through the arts. *We offer programming in Mindfulness for Adults & Kids, and Teacher training with student/classroom integration!*

### Move into Mindfulness – Teacher Training your Students and your Classroom

**Move into Mindfulness** teaches kids to pay attention, manage their mental and emotional energies, builds self esteem and grows compassion and community. This practice has been called the new ABC's for learning: Attention, Balance, and Compassion.

The practice of Mindfulness has over 30 years research showing its effectiveness for adults and now it is being introduced in the classroom and growing tremendously. Mindfulness can be described for kids in simple terms: pay attention to here and now with kindness and curiosity.

The program for teaching mindfulness to children and bringing mindfulness to your students and classroom looks very different than the adult program. The content and themes are similar, although the presentation is in very short segments, (15 minutes, several times a week), delivered in a kid friendly, with age appropriate adaptations of the theme & practice – *so they can get it*. And, as a Classroom Teacher, *you can too*; teach as you learn these practices and meet your classroom goals.

#### **Program Introduces the following mindfulness practices:**

Mindfulness creates a pause or space: replacing impulsive reactions with thoughtful responses.

### **Formal & Informal Mindfulness practices:**

Listening to sound  
Awareness of breathe  
Awareness of body and movement/yoga  
Mindfulness of sensations, thoughts, & emotions  
Mindful eating  
Mindful walking  
Mindfulness of others  
Awareness of daily classroom routines

### **Program Structure for teachers in the classroom:**

- Students will experience practice of mindfulness through an introduction to the formal and informal classroom and daily practices.
- Students will understand what mindfulness is all about.
- Students will understand how mindfulness is a beneficial life skill.

### **Program Materials:**

Guided Meditations on CD's: Guided Imagery, Awareness of Breath, Awareness of Physical Sensations, Awareness of Thoughts and Emotions.

Program Manual – includes summaries of content themes, classroom practice suggestions, journaling tools, supporting materials.

### **Introduction: Overview of Content Themes – year of mindfulness**

Bringing Mindfulness to your students and classroom in modules of 6 Week segments – all supported in classroom with the introduction of themes & practices, and discussions.

- 1<sup>st</sup> 6 weeks: Introduction of Mindfulness: breathing  
2<sup>nd</sup> 6 weeks: Mindfulness of the Senses  
3<sup>rd</sup> 6 weeks: Mindfulness of our Thoughts and Emotions  
4<sup>th</sup> 6 weeks: Mindfulness of ourselves and each other

***There are many possibilities for bringing a Mindfulness practice to your school. Give us a call and we can meet with you to customize a program that works for your Teachers, Students and School Families.***