

Stress Reduction Mindfulness for Teens Teacher Training

Name of Provider

ChildLight Education Company, LLC
PO Box 247
Exeter, NH 03833
<https://childlighteducationcompany.com/>

Contact Person

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The goals and objectives of this course/training/program:

Understand how to apply mindfulness from the three C approach of CALM, CENTERED and CONNECTED for a deeper understanding of self and interpersonal relationship skills for teens to reduce stress in their daily lives.

Identify how to teach teens about a growth mindset versus a fixed mindset from a mindfulness lifestyle approach that develops resiliency for them on a daily basis.

Know how to skillfully teach teens that being “stressed out” is not something to be “ashamed” about but that by bringing “small habit” change through mindfulness can reduce stress and increase positive psychology.

Understand the *Stress Reduction Mindfulness for Teens* (SRMT) curriculum and how to assist teens to achieve personal goals through self-discipline and SRMT model methods in four week sessions.

Effectively modify and adapt teaching for a variety of settings.

The types of activities included:

Knowing the what, where and why of stress and mindfulness

Mindfulness practice and variations for accessibility

Breathing techniques for self-regulation

Visualization techniques, practices and scripts

Lesson planning

Practice teaching

Tips for teaching and best practices

Number of Contact Hours: 18