

Mindfulness in Education Track

Session 1: 9:00-10:15am

Name, Title, Affiliation:

Rick Alleva, Ed.D., Youth & Family Resiliency Field Specialist, Cooperative Extension,
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Title of session:

“Social, Emotional 'and' Mindful Learning (SEML)”

Brief description of session:

This workshop will explore the integration of Social-Emotional Learning and Mindfulness Education in school and out-of-school time settings. An overview of recent research, available curriculum and approaches for implementing SEL (self-awareness/regulation, social awareness/skills and empathy) and Mindfulness Education (learning from the 'inside out') will be presented. We will participate in a few mindful activities and discuss SEML strategies for engaging children/youth and making any educational activity more mindful. Some high quality and low or no-cost resources will be shared.