

Mindfulness in Education Track

Session 3: 1:15-2:30pm

Name, Title, Affiliation:

- Steve Chamberlin, CAGS, Superintendent, Hopkinton School District
- Deidre Smith, M.Ed., Literacy Specialist, Hopkinton School District

Title of session:

“The Journey of Bringing Mindfulness into a K-12 Public School Setting”

Brief description of session:

Steve and Deidre will share the work the Hopkinton School District is doing to infuse mindfulness into K-12 classes. In particular, they will emphasize the importance of teachers understanding and practicing mindfulness in order to teach it effectively—and the difference that personal practice can make for teachers, personally and professionally.