

COURSE SYLLABUS

INCORPORATING MINDFULNESS IN A VIRTUAL, OR IN-PERSON, LEARNING ENVIRONMENT

Rewired Kids

LEARNING OBJECTIVE:

When teaching in person or virtually, teachers will identify and apply teaching and activities based on Mindfulness practices and attitudes, unattended, as a form of social and emotional learning.



COURSE INFORMATION:

Course Name: Incorporating Mindfulness In a Virtual, or In-Person, Learning Environment

Course Format: Virtual, 2.5 hours

Course Teacher: Jocelyn Soliz
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Course Description:

This course allows the learner to develop a solid foundation of Mindfulness attitudes and practices. The learner will complete this course with an understanding of the benefits of a Mindfulness practice and will be equipped to teach Mindfulness practices and activities to students in a virtual, or in-person, learning environment.

Course Goals and Objectives:

When teaching in person or virtually, teachers will identify and apply teaching and activities based on Mindfulness practices and attitudes, unattended, as a form of social and emotional learning.

Assessments and Materials:

The course contains a post assessment upon completion of Module 1 and Module 2. Upon completion of Module 3, the learner will take a final exam indicating mastery of the course objective.

Course Outline of Topics:

- **Module 1: What is Mindfulness, What are the Benefits, and What is the Role of Mindfulness in Social and Emotional Learning?**
- **Module 2: The 7 Essential Attitudes of Mindfulness**
- **Module 3: Incorporating Mindfulness Into the Classroom**
- **Bonus Module: Mindfulness Activities and Practices**