



# BIG MINDFULNESS & MEDITATION

## Education Services

*Flexible, customized social emotional learning to benefit behavioral and academic outcomes for equity & justice.*

### Faculty/Staff

- Regular sessions for stress relief
- Professional Development
- School-wide integration support
- Coaching for challenging behavior, Special Education & climate transformation

### Leadership

- Regular sessions for stress relief
- Workshops
- Consulting on district-wide integration

### Families

- Workshops for parents/caregivers, children, teens (in person or virtual)
- Mini-courses

### Students

- Skills instruction for Tiers 1-3 (in person or virtual)
- “Mindsemblies”
- Creating a Mindful Moment Room/Space (physical and virtual)
- Creating/managing a Mindfulness Google Classroom
- Regular sessions to support mental health