

PARENT FORUMS 2011-2012

Mindfulness in Education

January 11, (Wednesday)

Snowdate January 31, (Tuesday)

Ottoson Middle School

7:00-8:30 p.m.

For parents k-12

This workshop is offered to parents to introduce them to this mindfulness based Approach to inner resilience training and social /emotional learning. It uses mindfulness to enable parents to become more familiar with what students would be learning about their inner world. Parents can learn how to help their child pay better attention, stay focused, be kind,generous and grateful. They can also develop skills that enable them to separate their emotions from their behavior, as in,"It's okay to be frustrated but not okay to hit my little brother," and teaches them to pause before they act as in, "when my parents sent me to my room,I did my mindful breathing instead of punching the wall." This workshop can introduce valuable skills to adults. When we all speak the same language, we communicate more effectively and live more cooperatively.

PRESENTER: Adam Liss is director of of Cape Stress & Optimal Health. He has lived on Cape Cod since 1977. As early as 1975, he was practicing some of the techniques that came to be part of the first stress reduction programs that he developed and started teaching in 1992. He began integrating Mindfulness-Based Stress Reduction into his programs in 1995 and participated in the first Teacher Development Intensive offered at U.Mass Medical Center's Stress Reduction Program in in 1997.