

How to bring mindfulness to your school

Date Tue, 23 May 2017 15:45 - 17:00

Description Mindfulness in Schools Project's vision is that every child possesses the skills to help them manage difficulty and flourish, and an understanding of how and when to use those skills.

In 2009 Mindfulness in Schools Project (MiSP) was established as a not-for-profit company by Richard Burnett and Chris Cullen, both school teachers and mindfulness practitioners, in the belief that the young people in their classrooms could benefit from learning mindfulness skills.

Find out more: <https://mindfulnessinschools.org>

Venue Norlington School for Boys, Norlington Road, London, E10 6JZ

Name Public Health

BookingInfo

There will be no charge for this event.

Places are limited so please book yours by e-mailing your name, job title and school or organisation name to:

Claire.Mulrenan@walthamforest.gov.uk OR <mailto:enquiries@mindfulnessinschools.org>

Outline

Mindfulness in Schools Project (MiSP) invites you to find out more about mindfulness in schools:

- What is mindfulness?
- How MiSP can help you learn to be mindful, teach mindfully and teach mindfulness
- Hear stories from teachers and pupils about their experience of mindfulness in school

Kindly hosted and organised by Norlington School.

Outcome

Audience

Training Id 469521495550700

Course code PUBH-0517-T001

Source URL: <https://thehub.walthamforest.gov.uk/training-events/how-bring-mindfulness-your-school>