

THE MINDFUL EDGE TEACHERS

The Mindful Edge® program is delivered by experienced MBSR teachers, each with a strong background and practice in mindfulness.



HEIDI BORNSTEIN is the founder and director of Mindfulness Everyday, with an extensive background in mindfulness, yoga and meditation. She is the co-creator and teacher for The Mindful Edge® — Stress Reduction and Life Strategies for Teens delivered as part of curriculum in secondary schools. Heidi teaches MBSR Workshop (Mindfulness-Based Stress Reduction) and SMART-1 for Educators in Toronto.

STEPHEN CHADWICK is a public school teacher with three decades of teaching experience with the TDSB (Toronto District School Board). His specialty is working with Children with Special Needs and ESL. Steve has received his certification as a Yoga Ed Instructor for Working with Those At-Risk as well as his Level II Curriculum Training of Mindful Schools. Stephen teaches MBSR Workshops and SMART-1 in Toronto.



DIANNA LAST received her certification as a Yoga Ed Instructor For Working with Those At-Risk. She teaches MBSR Workshops and SMART-1 in Toronto. Dianna is a photographer and teaches in the Artist In The Schools program with the TDSB. She has exhibited at various galleries, at the Toronto Art Expo, and is in many private collections.



The Mindful Edge® provides Stress Reduction & Life Strategies for Teens, based on the principles of the MBSR (Mindfulness-Based Stress Reduction) Workshop program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.



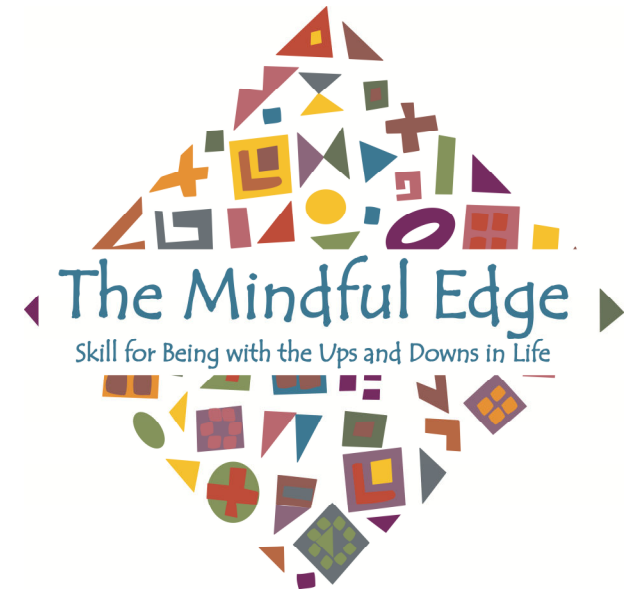
Mind Full or Mindful

Mindfulness is paying attention to what you are experiencing, now, with kindness and curiosity.



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*You can't stop the waves,
but you can learn to surf*
Jon Kabat-Zinn



STRESS REDUCTION
& LIFE STRATEGIES
FOR TEENS

The Mindful Edge — Skill for Being with the Ups and Downs in Life

COURSE STRUCTURE

The program is composed of 60 min. themed lessons, delivered in the classroom.

Core Lessons

- Lesson 1 Introduction to **Mindfulness** & the physiology of **Stress**
- Lesson 2 Foundations of Mindfulness: Mindful Attention **Breath & Body**
- Lesson 3 **Perception** & Thinking Out of the Box, Neuroscience
- Lesson 4 Mindfulness of **Thoughts**
- Lesson 5 Paying Attention to **Emotions** (Feelings) / Moods
- Lesson 6 The “About to” Moment – **Making Wise Choices**
- Lesson 7 **Communication** – Relationships: Mindful Speaking & Listening
- Lesson 8 Me to We: The Mindful **Connection**
- Field Trip** Interconnectedness – Mindfulness of the Environment
- Overall Program Goal: Empowerment – Skill for being with the ups and downs in Life

Each lesson actively engages the students in an experiential and participatory method intended to reveal the student’s inner resources for dealing with the ups and down in life. The program uses mindfulness-based stress reduction skills and practices, mindful yoga, movement and stretching, as well as engaging activities.

The Mindful Edge® can accommodate most school timetables.

MATERIALS ARE SUPPLIED

OVERALL PROGRAM GOALS

Through mindfulness practice and discussion, students learn the science of how the brain works and to use simple and accessible tools to:

- **Reduce** stress
- **Support** emotional regulation and resilience
- **Improve** focus and concentration through the cultivation of present-moment attention
- **Develop** the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one’s self or others.
- **Encourage** empathy, compassion and sense of community
- **Provide** skills for life

“Being calm and paying attention are actual skills you can teach in the classroom.

Mindfulness in education represents the embodiment of Social and Emotional Learning.”

Linda Lantieri, MA, Educator and author of Building Emotional Intelligence.

For further information on current research, see: The Association for Mindfulness in Education <http://www.mindfuleducation.org/research.html>

WHAT DOES MINDFULNESS LOOK LIKE IN A TEEN’S LIFE?

SELF REGULATION *I learned how to remain calm in tense situations. I am definitely going to continue the mindful breathing; it actually affects the decisions I make.*

SELF AWARENESS *I learned self-control and how to deal with situations. I learned to concentrate just on myself. That is something I have never done before.*

SELF CONFIDENCE *I will not only appreciate the moment. I will appreciate the people in the moment.*

SELF WORTH *I learned that saying warm wishes to myself and others makes me happy. The most important message would be to not be so hard on yourself.*

SELF ESTEEM *The Mindful Edge has helped me to be a more positive person on the inside and out. I am more aware of right and wrong and I am able to be more focused in life.*

SELF CARE *The program taught me to stay calm and take a chill pill sometimes.*

SELF HEALING *I learned to cope with different situations. Before, I used to worry about random situations and I’d be sad all the time but the mindful breathing really helped me to approach problems differently.*