

About the Presenter: Melanie Anderson

Mrs. Anderson has been a teacher at Lee Road Elementary School for 22 years where she teaches third grade. She has a BA in Elementary Education, is a Certified Reading teacher, and holds a SDA (School District Administrator) Certification. Mrs. Anderson is currently enrolled in the *Mindful Schools Year-Long Certification Program* and has completed several courses in Mindfulness Meditation, silent retreats, and has completed the 8 week MBSR (Mindfulness Based Stress Reduction) Program. Please direct any questions on this topic to Mrs. Anderson at:

[mindfulness714@gmail.com](mailto:mindfulness714@gmail.com)

Want reminders as to when each workshop is? Subscribe to *Lee Road Mindfulness Parent Workshop* reminders!

Text @2h7gc6 to 81010

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn



Mindfulness Parent  
Workshop Series  
2017-2018

“You Can’t Stop the Waves,  
But You Can Learn to Surf”

Welcome to the Lee Road-  
*Mindfulness Parent Workshop Series* for the 2017-2018 school year. At Lee Road Elementary School, we are dedicated to sharing our knowledge and experience with Mindfulness, and working in partnership with our school community, to educate you about the value and benefits of integrating Mindfulness into your daily life. We look forward to sharing this journey with you and hope you are able to attend one or all of the workshops listed in this brochure. Workshops are for adults, unless otherwise indicated in the description.

## Mindfulness Parent Workshops 2017-2018

### Mindfulness Meditation

You may have heard the phrase 'mindfulness meditation'. Perhaps you wonder what mindfulness meditation is and how it can be beneficial to your life. Join Mrs. Anderson to learn what Mindfulness Meditation is including mindful breathing and mindfulness of the body. Participants will learn how to begin to implement mindfulness meditation into your daily life both formally and informally. **Dates: 10/18 7:00-8:00 p.m.**

### Its Great to Meditate

Parents and students are invited to join us for a night of Mindfulness Meditation. This 30 minute session will include mindfulness meditation, some mindful movement, and a brief Q and A session. Bring your yoga mat and comfortable clothing! **Dates: 11/1**

**K-2 6:00-6:30 3-5 6:45-7:15**

### Mindful Eating

Many Lee Road parents have requested a workshop on how to eat mindfully. Join us for a night of learning strategies for slowing down when eating, looking deeply at when and why we eat what we eat, and learn how mindfulness meditation can help you be more aware of the food choices you make. **Dates: 12/4 7:00-8:00**

### Mindfulness and ADHD

Does your child struggle with planning, organizing, and simply getting started and staying on task? Whether your child has been formally diagnosed with ADHD, or simply struggles to focus, pay attention and demonstrate self-control, this parent workshop is for you. Learn what Executive Functions are and how they play a role in your child's social, emotional, and academic success. This workshop will give information on how daily mindfulness practice can help your child acquire strategies to help them better succeed in school and at home! **Dates: 1/17/18 7:00-8:00**

### Mindfulness and Heartfulness— *Discovering how Gratitude, Compassion, and Kindness fit into Mindfulness—*

The research shows that people can build the compassion 'muscle' and respond to those who suffer with more care. Learn how a 'loving-kindness' meditation can fit into your mindfulness practice and lead to your overall happiness and well-being! **Dates 2/26/18 7:00-8:00**

### Mindfulness for Difficult Emotions

This workshop will explore how to be mindful of difficult emotions such as anger and anxiety. As parents learn strategies to help deal with difficult emotions, they become more equipped to set a positive example for their children, and in turn, help your child handle difficult emotions. Participants will learn strategies for acknowledging when difficult emotions arise and techniques for how to respond and not react. **Dates: 3/28/18 6:30-7:30**