OISE wellness 2020-21 WINTER
Supporting Health & Well-being in our Community

The Mindful Teacher/Educator Lunch & Learn Series

UPCOMING SESSIONS
All L&L sessions will be held at 12:10pm - 12:50pm

Thursday, January 21, 2021 Jennifer Baradi: The Mindful Teacher
During this session, Jennifer will share her experiences and knowledge as a yoga and iRest practitioner and teacher as well as an educator currently working with TDSB and TCDSB. Participants have opportunities for mindfulness and meditation, discussion, and sharing. Participants are asked to dress comfortably and prepare to relax.

Thursday, February 11, 2021 Rose Mina Munjee: Self-Compassion for Teachers
Self-compassion involves responding in the same supportive and understanding way you would with a good friend when you have a difficult time, fail, or notice something you don’t like about yourself. Teachers are known to be their own worst critics. This session will provide an overview of techniques, reflections, and theory behind mindful self compassion for educators.

Thursday, March 25, 2021 Elizabeth Pasternak: Mindfulness in the Schoolyard
Getting outside is one of the simplest ways to clear and refresh the mind. Schoolyards offer a great tool for our students to connect with the natural world. This workshop will focus on practical ideas for incorporating outdoor time into your curriculum. We will explore making friends with a tree, observing the sky, introducing a “sit-spot”, and nature journaling.

Thursday, April 1, 2021 Dana Chapman: Practical and Inclusive Considerations for Bringing Mindfulness into the Elementary Classroom
During this session, Dana will discuss her experiences sharing mindfulness with her JK to Grade Four students. Participants will enjoy learning both age appropriate practices for the children they teach as well as practical tips and tricks to assist in a smooth delivery of these simple but profound practices.

MONTHLY MINDFULNESS COMMUNITY OF PRACTICE MEETINGS
Meetings are held Mondays from 7:00 - 8:00 pm on the following dates:
September 28, October 26, November 30, December 21*, January 25, February 22, March 29, April 26

These monthly Mindfulness Community of Practice meetings provide teachers, educators, teacher candidates, and teacher educators with an opportunity to be a part of an ongoing community of support. You’ll be invited to cultivate and deepen a personal mindfulness practice, engage in critical inquiry and reflection, explore applications of mindfulness in education, and engage in opportunities for discussion and ongoing connection.

A CO-CURRICULAR CREDIT OPPORTUNITY FOR STUDENTS
Cultivating Personal Health & Wellness through Mindfulness
The Cultivating Personal Health & Wellness through Mindfulness program is an opportunity for students to become aware of, develop knowledge about, and practice mindfulness for their overall health and well-being. The program is intended to improve one's general well-being to impact both their academic and personal lives. Successful students will have attended 10 or more of the available OISE Wellness sessions throughout the year. For more information about the program and how to register, visit: https://www.oise.utoronto.ca/wellness/Co-Curricular_Credit_Opportunity_for_Students

For a list of all OISE Wellness activities, presenter bios and to register for events, visit: www.oise.utoronto.ca/wellness