

# Part IV: Mindful Education Curriculum

Presenters:



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## Interconnections Lessons – S. McCloskey

- **Mindfulness Without Borders** – worldwide organization, leading Mindfulness Ambassador Council. Trains students in mindfulness of the body, heart, and mind. Students go back to their communities and offer mindful service projects. Examples I found include: meditation, yoga, natural building, and organic farming.
- We can teach games and practices to help our kids integrate mindfulness into their lives. Then, we can learn how to communicate them with others and live in a sustainable way. Our world depends on it.

# Mindful Communication – S. McCloskey

- **Mindful Listening** – we let go of our own agendas and truly hear another person's perspective.
- **Mindful Speaking** – we learn to speak our inner truth.

Activity: Present Moment Conversation

- Communicate in the present moment – stating what you are experiencing right now.
- **Example:** "In the present moment, I am aware of sounds of cars going by".
- "In the present moment, I am aware of feeling nervous".
- "In the present moment, I am aware of an itch on my hand".

**Why?** We are learning to share and listen to one another.

Great activity for students. And remember it will take students time to learn how to communicate. Compassionately remind them to stay in the present moment.

# Heartfulness Send Out

- Strive to open your **heart**, open your **mind**, and be fully present in your **body**.
- This is all about **KINDNESS**, **insight**, and **taking responsibility** for our own lives.
- Step out of I, Me, or Mine consciousness and realize all the inner and outer work we are doing is an offering to the world.
- *“May our commitments toward compassion and wisdom stay strong, blossoming into a world of compassion, presence, and happiness. May it be”.*