

# Teaching Mindfulness

I love teaching children and teens. To date the age range of the children I teach is between 7-16 years old. I also teach parents, teachers and faculty...well anyone really.

There are many ways to approach the teaching of mindfulness and mindfulness meditation to children. I know from experience it is important to make it fun rather than scholastic. Kids tend to learn mindfulness easier that way. They become more open, relaxed and receptive if it is made fun. They also participate more when it comes to discussions and Q and A.

## Places where I teach and speak

Camps - Yoga studios - Schools - Homes - Churches - Conferences - Libraries - Parks - Workshops - Anywhere there is an interest

## School Visits

*(School visits, workshops and classes are tailored to specific grades, ages and needs)*

### **All day visits can include:**

Book signing and talk about *MEDITATION, MY FRIEND* and Mitchell. A talk with Mitchell Hoffstader from Mitchell can be arranged as well. This would be pre-recorded. Mitchell does not always travel with me at this point. He is getting a little older now and showing his fragile age. Besides he is working on his new book! I am also working, well Mitch is working on a visual show where he can say hi to kids and talk about meditation as well.

Teaching at a school can involve various grades or one specific group of children or grade level. It all depends on what your needs are and what you would like to accomplish. There are many ways to teach mindfulness meditation. I can spend 15-30 minutes with each class or do full length classes. These can be held for longer periods up to fifty minutes. This works best with older children and teens. Workshops for children can also be put together and held after school or on weekends. The largest groups of children I have worked with so far has been about fifty at one time. For larger groups assistant teachers are needed as well as a large space and a mic if it is in a gym etc.

I can also visit a school and work with and teach the faculty. This can be done after school as well. Here I would be teaching the concepts of mindfulness and mindfulness meditation. I would instruct meditations and teach mindfulness games that can be played as well art projects and various mindfulness exercises.

### **Things children can learn:**

Counting breath meditation  
Mindful breath meditation  
Body scan meditation  
Metta meditation  
Eating meditation (eating awareness exercise)

Sound meditation  
Walking meditation  
Stuff animal awareness exercise, awareness drinking exercise, drawing awareness exercise.

Mindful brushing of teeth  
Hands drying game of awareness  
Body balance seaweed game

How to create/design a mindfulness journal  
Design and make a meditation cushion  
Practice doing art and music mindfully, Zen art and poetry

*Awareness meditation with my therapy dog LEXIE LA (aka; Poonie). She is fully trained and certified as a therapy dog. This is best with smaller groups of children. Children love this and her! This is where the children get to touch and feel her fur with eyes open and then closed and also while doing breath excises. This is done to help develop their sense of awareness with touch and movement as she breaths in and out.*

## **Pop In Visits**

*For these I do not stay the entire day. I would just “pop in” at some point during the day and check in with the kids. I would come by at a specific pre arranged time to teach. For instance I might come by in the morning to spend a few minutes going from class to class guiding the children though mindful breath and sound meditations.*

## **To Arrange A Class**

I can help you put together a schedule and mindfulness event. It is best to order my books in advance. It is really helpful to read and talk about the book and meditation before hand. I will discuss and email you regarding my needs before the day of the visit. You can reach me at [thomsonbetsy3@gmail.com](mailto:thomsonbetsy3@gmail.com) or leave a message at 212-460-1810.

Ex: Towels or yoga mats for the children to sit or lay on. Dixie cups if we do mindful brushing of teeth or art supplies etc. A mic for speaking.

I will give you a rate once I find out the details and the hours involved. I try to accommodate as much as possible, but Mitchie and I do have to pay bills. We have to take care of Poonie too. I do need to charge for time and travel and cost of props if needed. Always feel free to contact me with any questions. Payment is due the day of teaching. I look forward to meeting you and teaching the kids to meditate!

