



## Moment of Mindfulness Offerings

Moment of Mindfulness (MOM) has combined mindfulness education with music, movement, and art to make mindfulness tools accessible and practical so that school communities can manage stress, increase focus, strengthen connections, and promote overall mental and social emotional health.

The following offerings support the sustained implementation of mindfulness and social emotional learning tools.



### Package A Weekly Wellness Check-in

#### Overview:

Weekly sessions will provide school communities with a consistent platform to practice mindfulness tools and cultivate connection, accountability, and wellness in a safe space.

#### Logistics:

Program Duration: 8 Weeks/8 Sessions  
Length of Sessions: 30-45 minutes  
Each Cohort Includes: 10-50 participants



### Package B

#### MOM Mindful Teacher Professional Development Series

#### Overview:

This professional development is an opportunity for teachers to experience first-hand how mindfulness can be implemented to support a culture of wellbeing. With an evidence-based interactive experience infused with music, movement, and meditation, you'll walk away with the understanding of how the sustained practice of mindfulness can promote mental and social emotional health.

#### Logistics:

A Four-Part Professional Development Series  
Program Duration: 4 Weeks/4 Sessions  
Length of Sessions: 30-60 minutes  
Each Cohort Includes: 10-50 participants

### Package C

#### Mindful Student 3R Training (Push into a classroom)

#### Overview:

This training will allow teachers and students to become mindfulness champions as we unpack the MOM 3R methodology to engage, empower, and inspire the youth to lead themselves and others in mindfulness tools that support overall mental and emotional wellbeing.

#### Logistics:

Program Duration: 8 Weeks/16 Sessions  
Length of Sessions: 30-45 minutes  
Each Cohort Includes: 10-50 participants

To Book Please Contact: [mrsmith@momentofmindfulness.com](mailto:mrsmith@momentofmindfulness.com) or visit [www.momentofmindfulness.com](http://www.momentofmindfulness.com).

