



The Saskatchewan ECEC invites you to:

## **Mindfulness in the Classroom** **Presented by Trina Markusson**

In this one day workshop, participants will learn about Mindfulness and understand the social/emotional benefits of using Mindfulness strategies with children. We will discuss the importance of having our own *resilience practices* to be able to model it with the children in our lives. Opportunity to try Mindfulness activities to use with children will also be a part of the day.

Trina Markusson is the author of the award winning children's mindfulness book "Good Morning, Sunshine!" A mindfulness speaker/teacher, Trina has been teaching Mindfulness strategies to children for over 11 years. She has received trainings in mindful teaching and mindful-based stress reduction and has shared her passion with thousands of students and teachers across Saskatchewan.



**Saturday, May 25<sup>th</sup>, 2019**

**9:00am-3:00 pm**

**Lunch & Snacks included**

**LOCATION: STF Building-Eamer Auditorium**

**2317 Arlington Ave, Saskatoon**

### **Cost:**

**\$140 (plus \$10 mandatory membership for current school-year)**

**Students: \$65 (plus \$5 mandatory membership for current school year)**

**Late registration (after May 17<sup>th</sup>): \$25/registration or \$10/student registration**

**Registration opens March 1<sup>st</sup>, 2019**

**Visit: [www.saskecec.ca/events](http://www.saskecec.ca/events) for more information**