



Mindfulness in education is growing, and South Shore Regional School Board is no exception. In order for our Student Services Team (Coordinator and Consultants) to understand and support the interest and delivery in our board, we would appreciate you taking a moment out of your valuable time to indicate the following:

1. I am:

- Teaching mindfulness to my students
- Collaborating with an outside provider (e.g., Psychologist, Mental Health Worker, Certified Yoga Teacher Training Program with Mindfulness, etc.)
- Not teaching mindfulness to my students, but I am interested in learning more
- Not teaching mindfulness to my students

2. If you are teaching mindfulness, what tools are you using?

- MindUP
- Yoga in Schools Certification
- Learning to Breathe
- The Way of Mindful Education
- Mindful Schools Curriculum
- Other (Please specify): _____

3. What information/training have you received thus far?

- SSRSB Mindfulness in Education Institute
- SSRSB Psychologist school-based training
- Yoga in Schools Training
- Mindful Schools Mindfulness Fundamentals online training
- Mindful Schools Curriculum Training
- Other workshops, seminars (specify): _____
- I have developed my own personal practice
- I have no training, but I am interested
- I have no training, and do not intend to pursue Mindfulness Practice

SCHOOL: _____ **POSITION:** _____

NAME: _____ **EMAIL:** _____