



Book now!

Fill out a booking form at
www.mindfulmonkeyeducation.com

or

Call our Banana phone on



0474 561 562

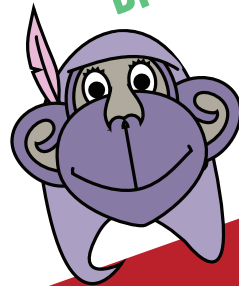
Who's the Monkey?

- Donna! (but don't tell the students that)
- a VIT-registered primary teacher with seven years classroom teaching experience
- a Mindful Educator graduate with Mindful Schools
- a performer
- a puppeteer
- a kids' yoga instructor
- a lover of meditation, yoga and mindfulness practice



Emotional Eric

Breathing Bobby



Sensory Sally

Start 2023 mindfully!

'A wonderful, inspiring and highly engaging incursion... We have loved using the MM language and resources in the classroom, and teaching the rest of the school all the great strategies we learnt!'

- Sam Pyatogorsky, Wesley College.

'Such an important and helpful program for young children.'

- Laura Walsh, Carlton Gardens PS



[@mindfulmonkeyeducation](https://www.instagram.com/mindfulmonkeyeducation)

Mindfulness Fundamentals Workshop

'Meet the Gang!' (90 mins)*

- Learn about being emotion detectives, the power of breathing and our senses with the Mindful Monkey and her friends Breathing Bobby, Sensory Sally and Emotional Eric
- Make Mindful Monkey sock puppets as meditation buddies
- Teachers receive the Teacher Resource Pack and access to our Mindful Brain Break YouTube videos to continue practising mindfulness for the **WHOLE YEAR!**

** 60 mins for preschools, libraries and Special Education settings*



Mindfulness - Keep in Touch* (60 mins)

- Learn more about your favourite new friends, go on a Super Hearing Forest Walk and spin the Action Wheel!
- Make 'Calm Down' glitter jars
- Teachers receive an updated Teacher Resource Pack

** for students who have attended the Mindfulness Fundamentals Workshop*

Mindful Teacher PD Sessions (30-60 mins)

- Develop a crystal clear understanding of what mindfulness is
- Learn how to incorporate Mindfulness into your own life - with strategies to use in and out of the classroom
- Learn how to work with students who struggle with mindfulness and often need it the most!
- Learn how to powerfully describe the importance of mindfulness to parents

Why Mindfulness?

Through practising mindfulness students are:

- Ready to learn
- Have an increase in **EMPATHY, SELF-AWARENESS** and **EMOTIONAL REGULATION** –this part of their brain actually grows **BIGGER** through the practice of mindfulness
- Able to find peace and calm in a world saturated with media and technology

