



Please note date change

Scarsdale Public Schools / The Inner Resilience Program

An Invitation to Explore Mindfulness in our Lives and Classrooms

Building Resilience from the Inside Out: Cultivating the Inner Life of Teachers and Children

Building Resilience From the Inside Out – Cultivating the Inner Life of Teachers and Children is an opportunity for classroom teachers and/or school psychologists to be part of an ongoing group of like-minded educators who wish to restore and strengthen our own inner lives as well as explore classroom approaches and strategies to nurture the inner lives of children in our care.

Participants will ...

- Practice various self-care and contemplative strategies to keep our own inner and outer lives in balance.
- Be introduced to a short curriculum module designed to teach young people the skills and practices of inner resilience.
- Leave with practical tools to help ourselves and our students quiet the mind, calm the body, and identify and manage our emotions.

Participants will meet for two sessions on:

- January 19th
- February 7th **Note date change**

Location: QRS MultiPurpose Room
Time: 8:45AM to 3:00PM

Refreshments and lunch will be served.

TO REGISTER YOUR INTEREST - Please email your building principal by January 2, 2018. Register in PD&E by January 2, 2018

Title of Activity: [UPDATED Building Resilience from the Inside Out: Cultivating the Inner Life of Teachers and Children](#)

PLEASE NOTE - The workshop will be capped at 40 participants.