



INNER STRENGTH TEEN MINDFULNESS PROGRAM

TEACHER TRAINING 2017

HOME STUDY

WEEK 1 OVERVIEW

VIDEO I-1 Overview

Understanding the goals of the Inner Strength teen mindfulness program. (6:33 min)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

VIDEO I-2 Program Overview (1:08:48)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

Questions for Reflection:

1. Why is mindfulness important to bring to youth?
2. What are the issues that youth have trouble with?
3. What are the issues that mindfulness doesn't help to address?
4. Why is it valuable to learn stress reduction alongside with physiological and cultural development? How does this differ from the way most subjects are taught? What does it take from an instructor to "connect the dots" for the students?

5. What does it mean to become “objective” about thought?

WEEK 2 FOUNDATIONAL MINDFULNESS TOOLS

VIDEO I-4 Mindfulness Exercises (2:01:18)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

Learning to teach essential mindfulness practices: Breath, Sound, Open Awareness

VIDEO II 4 Breath Meditation (10:00)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

1. Practice leading these meditations aloud. Record yourself (on your phone or other simple device) and play your guiding back to yourself *while you practice*. Experience what it is like to be a student following the lesson you are giving.
2. Practice guiding each of these exercises with your partner.

VIDEO II-1 Sound Meditation (9:07)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO II-9 OPEN AWARENESS

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

Learning Activities & Questions for Reflection:



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1. Practice each of these mindfulness exercises. Make a note of the difference in your experience with each one. Which do you find easier or harder? Why?
2. Use the guided audios on the teen resource page:
<http://www.innerstrengthfoundation.net/teens/#audio>

Readings

1. Jon Kabat Zinn
2. Patricia Broderick

Partner Work #1

1. This will be a 30-45 min call.
2. Practice teaching Breath and Open Awareness exercises.

WEEK 3 CULTIVATING KINDNESS

VIDEO I-5 - Values, Love & Kindness (55:24 min)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

VIDEO II-12 LOVINGKINDNESS MEDITATION

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO I-7 Body Scan (28:55)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

VIDEO II-15 BODY SCAN (28:07)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO I-3 Research Study (OPTIONAL) (43:50 min)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

An overview of the research on mindfulness.

This lecture can be helpful to understand some of the research going on to better understand how and why mindfulness produces positive behavioral outcomes.

Learning Activities & Questions for Reflection:

1. Practice the Love & Kindness exercise daily this week, even for 5 minutes. Become familiar with the language and experience of it.
2. Write your own version of a Love & Kindness exercise. Follow the same categories of people (Friend, Self, Stranger, Enemy, Crowd/Global). Use language that you are comfortable with.
3. Record yourself and practice with your own instructions.
4. Practice the body scan exercise. Make a note of your experience.
5. Use the guided audios on the teen resource page:
<http://www.innerstrengthfoundation.net/teens/#audio>
6. Experiment with starting from the feet and moving progressively towards the head.
7. Experiment with starting from the head and moving progressively towards the feet.

Partner Work #2

3. This will be a 30-45 min call.
4. Practice teaching Love & Kindness and Body Scan exercises with your partner.



WEEK 4 THE DEVELOPMENTAL PERSPECTIVE: BRAIN & CULTURE

VIDEO I-6 Cultural Development (1:48:00)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

VIDEO II-16 CULTURAL DEVELOPMENT (30:46)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO II-17 TEEN STRESSES (15:05)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO VIII The Teenage Brain (41:42)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

VIDEO II-14 EVOLUTION OF THE BRAIN (44:12)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

Learning Activities & Questions for Reflection:

Questions for Reflection:

1. Appreciate the cultural challenges and opportunities of our time.
2. Reflect on your own experience of options and confusion that are unique to this period in history.
3. Familiarize yourself with the parts of the brain and their functions.
4. Write some reflections of your own on how some teenage behaviors can be better understood in light of this material on brain formation.

Partner Work #3

5. This will be a 45 - 60 min call.
6. Discuss both lessons: cultural development and brain science. Use this time to make sure you understand the material and then practice teaching one of these lessons.

ADDITIONAL READING:

1. Frances Jensen. *The Teenage Brain* (scan the book or watch some of her online videos)
2. Dan Siegel *Brainstorm* (scan the book or watch some of her online videos)
3. Carter Phipps' chapters from the book *Evolutionaries*.

WEEK 5 MINDFULNESS EXERCISES PART 2

VIDEO II-8 THOUGHT BUBBLE

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>



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VIDEO II-11 CHOCOLATE MEDITATION | SEEING FRESHLY (16:45)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

Learning Activities & Questions for Reflection:

1. Explore the guided audios on the teen resource page:
<http://www.innerstrengthfoundation.net/teens/#audio>
2. Practice eating mindfully and see what you notice.
3. Write a half page about your understanding of how taking into account long-term cultural development can help us feel more stable and empowered. Email to Amy@InnerStrengthFoundation.net

Partner Work #4

7. Practice Seeing Freshly/Chocolate Meditation, Thought Bubble Meditations, and another mindfulness exercise of your choice.

WEEK 6 PREPARING FOR THE CLASSROOM PULLING THE PIECES TOGETHER

VIDEO II-1 Lesson Template (41:07)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO II-3 Q&A (12:33)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

Insights into how to guide students in mindfulness practices.

VIDEO II-5 Contraindications

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO II-6 CLASSROOM MANAGEMENT (20:03)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/?cornerstone=1>

VIDEO II-7 How to Approach Teaching (5:34)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO II-10 Classroom Management (22:39)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

VIDEO II- FINAL TRAINING INFO (24:37)

<http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2/>

Learning Activities & Questions for Reflection:

1. Review the manual, go through each lesson, looking at goals, objectives, and the lesson structure
2. Make a list of the classroom disruptions you feel uneasy handling.

Partner Work #5



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- i. Talk through the classroom issues you feel challenged by, come up with a variety of solutions and ways to handle the disruptions.

Schedule Your Final Review with Amy Edelstein

- i. Set up a time by emailing amy@innerstrengthfoundation.net

RESOURCE PAGES:

Weekday Morning Virtual Meditation:

<http://www.innerstrengthfoundation.net/teacher-training/virtual-meditation/>

Reading list: <http://www.innerstrengthfoundation.net/teacher-training/reading-list/>

Videos I: <http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-1>

Videos II: <http://www.innerstrengthfoundation.net/teacher-training/teacher-training-videos-weekend-2>
