



challenge + change

# What You'll Learn

## *Fun and Effective Ways* to Encourage Student Well-being and Achievement

In this course, educators will learn fun and engaging mindful games designed to **increase self-awareness, encourage belonging and acceptance, and support emotional balance** throughout the school day.

Participants will experience first-hand how mindful games can be an effective tool for achieving learning targets such as:

**- Communication skills - Teamwork and collaboration - Self-confidence - Stress management - Focus and impulse control - Creativity and problem-solving skills**

Plus, you'll learn tips, modifications and strategies on how to successfully implement these practices into K-12 school settings.

**You'll walk away with simple and powerful tools that can be applied immediately within the classroom to improve student well-being and achievement!**