

# Mindful CLASSROOM INITIATIVE

## STUDENT SERIES INTEREST FORM



TODAY'S DATE

GRADE LEVEL(S)

# OF CLASSROOMS

# OF STUDENTS

\*PREFERRED START DATE

\*PREFERRED DAYS OF WEEK

\*PREFERRED TIMES OF DAY

*\*Due to high level of interest in the Mindfulness curriculum, MHA cannot guarantee start dates and daily schedule, but all efforts will be made to accommodate schools as best as possible.*



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## MINDFUL CLASSROOM INITIATIVE INTEREST FORM

*Mental Health America in Sheboygan County thanks you for your interest in our signature program the Mindful Classroom Initiative: Student Series. By teaching the curriculum to students and teachers, we hope to provide school districts with an effective program that creates calmer and more caring classrooms. Our student series provides a framework for classrooms focused on improving student focus & attention, self-awareness & self-regulation, knowledge of thoughts & emotions, as well as social skills & relationships.*

*Please fill out the following form to the best of your ability providing the details of your interest in the program. **When complete, please scan the form and send to [info@mhasheboygan.org](mailto:info@mhasheboygan.org) or 915 N. 7th St. Sheboygan, WI 53081.** We will respond as soon as our schedule allows. Thank you!*

### MCI STUDENT SERIES

- Up to 20 sessions of Growing Minds' social emotional mindfulness curriculum.
- Grades K5-6 meets twice weekly for approx. 20 min; grades 7-12 meets once weekly for 45-60 min (adjustments can be made for grades 7&8 to meet twice weekly.)
- Lessons run up to 10 weeks dependent upon weather, illness, school calendar, and other schedule conflicts.
- MHA will provide these lessons of in-classroom instruction with a staff directly trained by Growing Minds to facilitate this curriculum.
- Each classroom will receive materials from MHA to encourage and continue mindful practices.

School Name \_\_\_\_\_

Contact Person/Title \_\_\_\_\_

Other comments or questions

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please contact MHA with any questions or needed information at [info@mhasheboygan.org](mailto:info@mhasheboygan.org). We look forward to connecting with you!

