

# Creating Calm – Mindfulness and Meditation in Your Classroom – REPEAT



**PRESENTED BY**  
**Tamela Appel**



## SERIES SESSIONS

Date	Time
February 01, 2022	4:00 PM - 5:30 PM



**LOCATION**  
**Online**

## FEE

**\$20.00**

## QUESTIONS?

**Contact Us:**  
[crc-register@arpc.ab.ca](mailto:crc-register@arpc.ab.ca)  
**403-291-0967**

## REGISTER ONLINE

**Visit our website to register:**  
[crcpd.ab.ca](http://crcpd.ab.ca)

## Program

TARGET AUDIENCE: ALL K-12 ADMINISTRATORS, PRE SERVICE TEACHERS, TRUSTEES, DISTRICT LEADS, TEACHERS, EDUCATIONAL ASSISTANTS AND PARENTS ARE ENCOURAGED TO ATTEND

Take your classroom from fight, flight or freeze to present moment, focused learning. Using research backed information, Tamela explains the importance of bringing your being into the present moment state of calm to enable the brain to be ready to receive and store information.

- Did the year of Covid cause more stress and anxiety in your life and your students' lives than ever before?
- Have you ever wondered why your students can't focus in class?
- Do you ever wonder how to decrease disruptive behaviour, stress or anxiety in the classroom?
- Do you wonder how to get them to complete their work in a timely manner?
- Do you know it is possible to address some of these things with just a few minutes each day?

In this short webinar, we will discover how teaching mindfulness and meditation in the classroom can support students' classroom engagement, increase focus and reduce the negative aspects of stress and anxiety.

You will walk away with a toolbox of ideas and hands on methods to support your students in calming/lowering stress and anxiety levels, engaging positively with others and to focus on the task at hand. These methods have been tried

and adjusted over 15 years and are simple and easy to incorporate throughout your day!

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## Presenters

### Tamela Appel

has been in the field of early learning and Education for the past 25+ years, and has most recently taught in the Pre-Kingergarten and Grade 4 classrooms for the past 15 years. From Executive Director of an Early Childhood Intervention Program to teaching Early Childhood Education courses at the College level. Tamela has been using mindfulness and meditation in her classroom for approximately 15 years and has discovered the endless benefits for not only her students, but also herself. A self-professed life-long learner, Tamela studies neuroscience and quantum energy and incorporates her learnings into her teaching and workshops. She has learned meditation and mindfulness from some of the greats - Dr. Joe Dispenza, Tony Robbins, Dean Graziosi and currently moderating virtual workshops and FaceBooks groups for Tony Robbins and Dean Graziosi.

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## Registration Notes

This session will be recorded and available for two weeks to all registrants after the session occurs.

**PLEASE NOTE ALL TIMES ARE MOUNTAIN TIME**



**Providing Quality Professional Learning  
Opportunities to K-12 Education Staff**