



CHIME

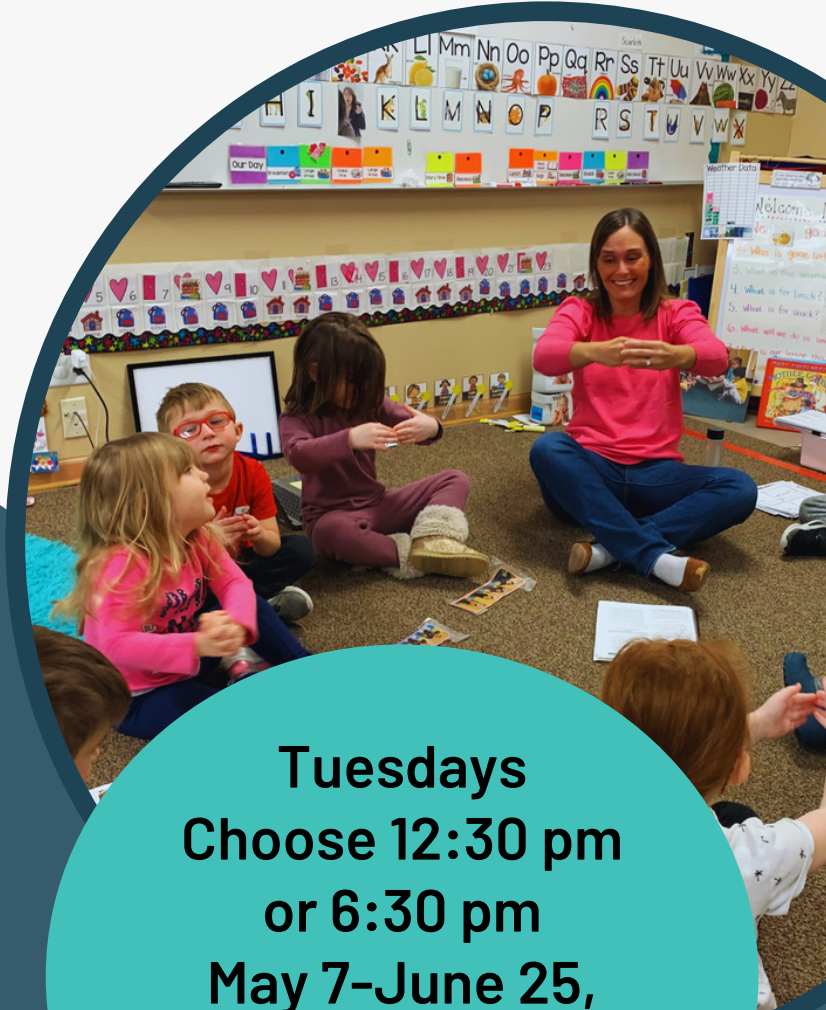
CULTIVATING HEALTHY INTENTIONAL
MINDFUL EDUCATORS



EXTENSION

Early Childhood

Education and guidance on how to incorporate mindfulness and reflective practice into your daily routine, teaching and caregiving.



Class for Childcare Providers & Teachers of children, infant - pre-K

On-line Zoom Classes meet weekly for 8-weeks

- Mindful Breathing and Movement
- Mindful Listening
- Mindful Emotions
- Mindful Speech
- Mindfulness and Gratitude
- Mindful Compassion
- Setting intentions

Earn up to 16 hours of approved professional development!

Tuesdays
Choose 12:30 pm
or 6:30 pm
May 7-June 25,
2024

<https://go.unl.edu/u/254n>

Fee: \$135.00 includes Books and Materials
Registration Deadline April 22, 2024

