

## MENU OPTIONS

### OPTION 1

#### Onsite All School Staff Training **\$475**

90 minute session includes:

- › Pre and post consultation to design workshop
- › On-site customized training with a 1000 Petals Trainer
- › Integrate mindfulness and movement interventions into existing school structures (PBIS, RTI, Responsive Classroom, Steps to Respect or other SEL initiatives)
- › Provide hands-on tools for self-regulation, de-escalation, focus, and community connections
- › Align to existing standards and participant outcomes
- › Integrate into Trauma Informed School Best Practices

### OPTION 2

#### Be Station Products **\$500**

Includes:

- › 1000 Petals trainer will discuss with staff how to set up **be stations** in classrooms (30 minutes)
- › 5 Yoga mats
- › 5 Move Mindfully Poster Strips
- › 5 Hoberman Spheres
- › 5 Chimes
- › 5 Move Mindfully Card Decks (for use both in and out of the classroom—on a lanyard for easy use)
- › 3 Move Mindfully Transition Posters (place in hallways for movement breaks in the hallway)

### OPTION 3

#### Move Mindfully Card Decks (25 Card Decks) **\$400**

An easy way for staff to integrate movement through out the day. Have students choose the cards and make up their own sequences or use the back of the deck for sequences for transition, anxiety, hands to self, anger releasing, etc.

### OPTION 4

#### Move Mindfully Youth Leaders:

#### 5 Youth Training Sessions (30 min each) **\$500**

- › Move Mindfully Residency Teacher trains youth (student leaders) to lead mindfulness and movement strategies in the classroom
- › Includes training manual

