



4-H Mindful Teen Program Facilitator Training



AUGUST 31, 9:00AM-2:00PM, VIA ZOOM

Open to 4-H &
Extension staff,
community partners,
& volunteers



Registration \$15:
Includes book &
shipping of other
training materials.
See back for
more details.



IOWA STATE UNIVERSITY
Extension and Outreach



4-H FUELS WELLNESS

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Training Topics:

- Introduction to Mindfulness
 - Supporting Evidence and Benefits of Mindfulness for Youth and Adults
 - Trauma-Informed Mindfulness
 - Principles for Communication, Working with Adolescents, and Resistance
 - Mental Health Research, Data, and Resources
 - Mindful Practices
 - Integrating Mindfulness and Social-Emotional Learning (SEL) Programs
 - Overview of 4-H Mindful Teen Lessons and Alignment with Iowa Department of Education Core Standards
 - In-person and Virtual Program Delivery
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Research finds that mindfulness practice can help decrease stress and anxiety, and strengthen resilience and emotional regulation, for both adults and youth. Mindfulness practice can increase attention, improve interpersonal relationships, and strengthen compassion.
- MindfulSchools.org.



REGISTER ONLINE BY AUGUST 20:

www.tinyurl.com/4HMTtraining

Questions?

Contact 4-H Youth Program Specialist,
Tiffany Berkenes, at berkenes@iastate.edu