



### Who We Are:

Zen Master Thich Nhat Hanh and the Plum Village Community have over 30 years of experience practicing and teaching mindfulness to thousands of people internationally, including educators' and young people.

We are working with experienced educators who also practice mindfulness, to develop a secular curriculum for young people, ages 6-18, based on the core mindfulness practices of Plum Village.

*"You cannot transmit wisdom and insight to another person. The seed is already there. A good teacher touches the seed, allowing it to wake up, to sprout and to grow."* - THICH NHAT HANH

### Who is Wake Up Schools for?

- Teachers & Administrators
- University Faculty & Students
- Students 6-18 years of age
- Parents

### What We Offer:

- Week-long & weekend retreats/courses for educators
- 1-5 day in-school workshops
- In-school, 3-5 hour introductory presentations for teachers, staff, students and parents

For more information on Wake Up Schools, including upcoming retreats, courses and workshops for educators along with further resources please visit:

[wakeupschools.org](http://wakeupschools.org)

[info@wakeupschools.org](mailto:info@wakeupschools.org)



*"Teachers teach what they know, but mostly they teach themselves. This is why we must learn to take care of our teachers"* - MINISTER OF EDUCATION, THIMPU, BHUTAN, 2012

# Wake Up Schools

Cultivating Mindfulness  
in Education

## What is Wake Up Schools?

Wake Up Schools provides educators, students and school communities with sustainable mindfulness programs that support healthy and happy school environments. This initiative was started by Zen Master Thich Nhat Hanh and the International Plum Village Community.

Wake Up Schools uses mindfulness to help education communities develop:

- \* Community building
- \* Social emotional learning
- \* Stress reduction and inner resilience
- \* Ethical education
- \* Experiential learning
- \* Breath awareness

## What is Mindfulness?

Mindfulness is the energy of being aware and awake to what is happening inside and around us in the present moment.



## Educators

- \* Reduced stress
- \* Burn-out prevention
- \* Greater ability to relate calmly & effectively with students
- \* Increased sense of well-being

## Students

- \* Increased concentration
- \* Positive social behavior
- \* Emotional resilience
- \* Reduced anxiety

## Classrooms & Schools

- \* Greater cooperation
- \* Calmer & warmer atmosphere
- \* Practical & sustainable mindfulness curriculum

## What to Expect:

We recognize that in recent years, school environments have become more stressful, with increasing demands placed on teachers and staff. With this in mind, our program is designed to not create more work or overload your schedule.

Our methods are simple and easy to apply in your everyday life and in your classroom. Our focus is on your personal well-being and happiness. In our extensive work with educators around the world, we have seen that when the teacher practices mindfulness, it is naturally transmitted to the classroom.

## What Teachers & Students are Saying:

*"I haven't felt this good about being a teacher in a long, long time."* - TEACHER FROM BELGIUM, 2011

*"My insights from the retreat: to be friendly to myself in difficult situations, to let children give each other positive attention and feedback."* - TEACHER FROM HOLLAND, 2011

*"I learned to feel gratitude for my life"* - GRADE 10 STUDENT FROM GERMANY, FEEDBACK FROM IN-SCHOOL WORKSHOPS, 2012

*"I learned how to relax, control my stress, and untie the knot in my head, express and share"* - GRADE 11 STUDENT, FROM INDIA, 2012

Peace  
is  
every  
breath