



Teaching Transformative Life Skills to Students: A Comprehensive Dynamic Mindfulness Curriculum

Bidyut Bose, Danielle Ancin, Jennifer Frank, Annika Malik

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A classroom-ready program of evidence-based lessons in (1) stress resilience, (2) self-awareness, (3) emotion regulation, and (4) healthy relationships.

Transform school and classroom climate, increase teacher sustainability, and build invaluable life skills in students with four ready-to-implement units incorporating mindful movement, yoga postures, breathing techniques, and more. The evidence-based and trauma-informed Transformative Life Skills (TLS) curriculum offers educators 48 scripted, 15-minute lessons designed to require minimal preparation and fit neatly within the busy school days of a single academic semester. Recommended by CASEL, it benefits all five core competencies of Social and Emotional Learning. 280 illustrations

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