



T.A.S.A.M.[™]

Tackling Anxiety and Stress through Arts and Mindfulness

Training for your Education Professionals

Educators can play a major role in teaching students the skills needed for having a successful day both in and out of the classroom. Since our inception in 1995, Arts Express has heard repeatedly that coping with stress and anxiety is an escalating challenge for children, families and communities. As a social enterprise focused on using the arts as a teaching tool, we are creating sustainable change in the way children recognize and react to their everyday emotional journey. Research supports our observations. *As many as 1 in 5 children in Ontario will experience some form of mental health problem, and only 1 out of 6 of these children will receive the treatment they need. Since 2010 there has been a 344% increase in calls to the Mental Health Hotline by people under the age of 25 (hotline run by ConnexOntario)¹.*

[1] TRAINING FOR YOUR EDUCATION PROFESSIONALS

Duration: 45-90 minutes

(Perfect for your next staff meeting, PD Day workshop or conference!)

This training is designed to introduce the benefits of bringing arts and mindfulness to the classroom, to help students and professionals manage everyday stress and anxiety. The session incorporates hands-on tips and tools that teachers can use in the classroom and broader school community to maximize well-being and foster a spirit of resilience.

AREAS OF TRAINING INCLUDE:

- Defining anxiety, stress and well-being; recognizing signs of when challenges require the next level of support
- Exploring how arts, creative exercises and mindfulness can proactively reduce stressors and manage anxiety
- Demonstrate examples of experiential activities to use in the classroom and broader school community to work through every day stressors
- Problem-solve how teachers can implement quick but impactful strategies to support student well-being

Arts Express[™] is proud to have brought the full-day TASAM program to over 25,000 students in Ontario. We are pleased to now share some of the background via this training with your passionate team of professionals!

Pricing is customized for each school depending on school population, and programming. Fees, start at \$650.00 plus HST, please call the office for a quote.

[2] PROFESSIONAL DEVELOPMENT FOR EDUCATORS

PROGRAM OUTLINE

This half day program on a regular school day has one half of the staff participating in the morning and the other half of the school staff participating in the afternoon. We can also accommodate workshops on Professional Development days.

A discussion with educators is part of the workshop and covers strategies that will aid educators in creating a calm and effective teaching environment. Led by a Child and Youth Counsellor and Mental Health advocate, educators will be able to take the tips and tools learned in this workshop immediately back to the classroom to implement.

TOPICS

- How to maintain an organized and predictable environment
- Ways to be mindful of your own body language and tone and its effect on your environment
- How to make transitions easier
- Ways to listen when students share their worries or anxieties
- Strategies to normalize anxious and worried feelings
- Sharing media and resources that help to reduce the stigma of anxiety
- Having realistic expectations and adjusting expectations
- Communicating with parents and caregivers

Part two of this workshop, is a “hands on” Mindful Movement workshop which teaches educators how to be Mindful in and out of the classroom in an effective and practical way.

- Observe
- Describe
- Presence
- Be Patient with Yourself
- Be Kind to Yourself
- Remember: this too shall pass – Whatever you are feeling in this moment won't last forever. Even the best and the worst feelings eventually shift

“The T.A.S.A.M. speaker spoke at our staff meeting about kids and how they manifest anxiety and stress. Her ability to paint a clear picture of different kids in different situations, with humour and real-life experience, had a huge impact. It changed the way we see kids and how we, as adults, can play a huge part in relieving their anxiety in the simplest of ways.”

TDSB VP

Pricing is customized for each school depending on school population, and programming. Fees, start at \$650.00 plus HST, please call the office for a quote.