

# **MOLLOY UNIVERSITY**

## **School of Education and Human Services**

### **Department of Teacher Education**

#### **EDU 5900- Mindfulness and Restorative Circles for Transformative K-12 Classrooms (3 credits)**

Spring 2026

Instructor: Melanie Anderson

Email: Manderson1@molloy.edu

Office hours: By appointment

### **Course Description:**

*Mindfulness is a 'buzzword' of sorts, but what is it exactly and how can it help you transform yourself and your relationship with students? This course will teach research-based strategies to help participants learn what mindfulness is, how to practice it, and how to begin to bring it into their K-12 classrooms. The first half of the course is designed to teach the neuroscience of mindfulness in an engaging and relatable manner. Techniques for how to manage constant thoughts, big emotions, and strategies for how to change your relationship with stress and anxiety will be explored. The second half of the course will teach the art of mindful communication through the Restorative Circles framework. Participants will learn how to bring mindfulness strategies into a Restorative Circle to help build relationships with students, improve communication skills, and diminish disruptive behaviors. By the end of the course participants will be able to lead a mindful, restorative circle with students. Strategies for teaching neurodivergent learners, students with IEPs, and the ELL population will be an essential part of the coursework. This course is appropriate for Pre-Service Teachers, K-12 Teachers, Special Education Teachers, School Counselors, Support Staff, Administrators and anyone who wants to embark on a journey of change and mindful transformation.*

#### **Shared Vision**

The Molloy University Teacher Education faculty has derived its vision for the exemplary teacher from the University's mission statement, the four pillars of the Dominican tradition, comments and input from the Professional Education Unit's Advisory Board and degree candidates as well as numerous faculty discussions rooted in the department's knowledge base which undergirds the initial and advanced programs' curriculum, pedagogy, and values

The teaching professionals who complete Molloy's teacher preparation programs are distinguished by their ability to exemplify and promote core values in their own teaching. These values include:

Belief that all children can learn

Learner-centered and value-centered curriculum and pedagogy

Ethics and spirituality

Intellectual curiosity

Independence and risk taking, while promoting collective identity and responsibility

Diversity, multiculturalism and pluralism, including divergent thinking

Passion for teaching

Commitment to students and their communities

Civic responsibility through the promotion of social justice and interdependence

Commitment to democracy

## **Course Objectives:**

1. Participants will understand and explore what Mindfulness is and learn about the neuroscience of Mindfulness and the application to classroom lessons.
2. Participants will analyze and apply how to practice mindfulness as a part of their own mental health self-care and wellness journey journey and connect that knowledge to application with students..
3. Participants will learn and evaluate what Mindful Communication is and how it can help transform their relationship with students
4. Participants will learn the components of a Restorative Circle and have all the tools necessary to create and implement a Mindful Restorative Circle with their K-12 student population.

## **Course Format:**

This course will be offered online through Canvas, Molloy's learning management system. The course will open two days before the start date and close one week after the last day of class. This section is offered during the Spring 2026 semester from 1/26- 2/6 . There will be daily activities and discussions that must be completed at the end of each day. Responses to the discussions will be due by the expected due date posted in Canvas. An extra week will be allotted for the completion of the final project (due by 2/13/26).

## **Readings, Videos, and Other Materials:**

"The Whole Brain Child" by Dan Siegel

"Brainstorm" by Dan Siegel

"Unwinding Anxiety" by Dr. Judson Brewer

"Say What You Mean: A Mindful Approach to Non Violent Communication" by Oren J. Sofer

"Circle Forward" by Carolyn Boyes-Watson and Kay Pranis

"Good Morning, I Love You" by Shauna Shapiro

## **Course Requirements and Evaluation:**

Asynchronous Discussions/Participation 60%

Quizzes 20%

Final Project 20%

## **Molloy University and School of Education and Human Services Policies and Supports:**

### **Expectations of Academic Integrity for All Students**

[Honor Pledge and Academic Honesty Policy](#)

### **Course Withdrawals**

View [Withdrawal Policy](#) for potential financial implications

View [the Academic Calendar](#) and/or the course syllabus for the last day to withdraw dates

### **Incompletes**

[Incompletes Policy](#)

### **Health and Wellness**

[Student Health Services](#)

[Student Counseling Center \(SCC\)](#)

## **Center for Access and Disability (Access)**

[Center for Access and Disability](#)

## **Technical Support**

[Student Account, Technology and Canvas](#)

## **Ally for Canvas**

[Supportive Tools and Resources/ Ally](#)

## **Use of Proctorio for Exams/Quizzes (if applicable)**

[Proctorio Resources for Students](#)

## **Email Accounts**

Students are to utilize their Molloy e-mail account or via Canvas when communicating throughout the semester. Those who use a non-Molloy account may miss important messages. Students are responsible for responding to all methods of communication in a timely fashion relating to this course. Instructors will respond to emails from students within 24 hours. When/ if you email the instructor(s), please indicate what course you are in with the course number and section.

## **APA Manuscript Style**

All manuscripts in the field of education are written in the style format of the American Psychological Association. Candidates in the Graduate Education Programs are required to purchase the Publication Manual of the American Psychological Association (7<sup>th</sup> ed.). (2010). Washington, DC: American Psychological Association.

All papers written in every course must adhere to the manuscript prescriptions defined in this manual.