

Course Title: *Mindfulness and Restorative Circles for Transformative K-12 Classrooms*

Course Number: EDU 5900:

Section: 03

Dates: October 6-17

Instructor: Melanie Anderson

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**Course Description:** Mindfulness and Restorative Circles for Transformative K-12 Classrooms

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 take participants on a wellness and self-care journey that 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 a fun, 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. This course is appropriate for K-12 teachers, Counselors, Administrators and anyone who wants to embark on a journey of change and mindful transformation.

**Suggested Reading:** “The Whole Brain Child” by Dan Siegel; “Brainstorm” by Dr. Dan Siegel; “Unwinding Anxiety” by Dr. Judson Brewer; “Say What You Mean: A Mindful Approach to Non-Violent Communication” by Oren J. Sofer

**Overall Course Objectives:**

1. Participants will understand and explore what mindfulness is and learn about the neuroscience of mindfulness.
2. Participants will learn how to practice mindfulness as a part of their own self-care and wellness journey.
3. Participants will learn 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 implement a Mindful Restorative Circle with their K-12 students.

**\*\*This syllabus is an outline and assignments and links will be updated prior to the first day of class. \*\***

## Format

This course will be offered online through Canvas, the Molloy College online course system. You will need to become familiar with Canvas.

- Log in using your Molloy email username and password.
- Click the “Courses” tab (top left-hand side of the page) and select *Mindfulness and Restorative Circles for Transformative K-12 Classrooms* from the drop-down menu.
- Log in before the course to ensure that your account has been set up properly.
- Take the Canvas Student Tour or visit the Canvas Student Quickstart page.
- Canvas Support is accessed through the “Help” feature in the lower left-hand corner of Canvas. You can either call Canvas at (844) 408-6455 or use the online chat feature. Both services are available 24/7. Technology Support Services is located in Kellenberg 022 and can be reached via phone at 516-323-4800, email at [helpdesk@molloy.edu](mailto:helpdesk@molloy.edu), or Twitter at @molloyTSS. The Information Commons is located on the second floor of Public Square and can be reached via phone at 516-323-4817 or email at [slewis2@molloy.edu](mailto:slewis2@molloy.edu). Check their website for hours: <http://molloy.edu/tss>.

## Dates and Times to Remember

While an online course gives you the flexibility to complete the work when it is most convenient for you, please remember you must submit your work by the dates and times listed in the “Assignment/Due Date” section in Canvas. All assignments are due by 11:59 PM EST on the date listed.

## Grading

Students are expected to participate by responding to all discussion prompts and to the instructor and classmates with thoughtful, professional responses. Please be sure to respond to at least one other person's response for all discussion prompts. You are encouraged to share resources and ask questions. Any assignments submitted after the allotted due date and time will have a point deducted for each day it is incomplete.

60% of the grade is based upon daily posting and responding to prompts with thoughtful, professional discussions. Participants are expected to post and respond to another's post at least once per day.

40% of the grade is based upon a completed, final project.

**Communication Procedures and Contact Hours**-I look forward to working with you and guiding you through this course. If you have any questions or concerns, please email me at [MAAnderson1@molloy.edu](mailto:MAAnderson1@molloy.edu). I will respond within 24 hours. Please note the #1 in my email address. I will hold live office hours via Zoom to answer any questions on 10/9/25 6:00-6:30. The second Office Hours can be scheduled with me. Use the Zoom link in Canvas.

## Course Learning Objectives:

**LO 1. Participants will understand and explore what mindfulness is and learn about the neuroscience of mindfulness.**

**LO2. Participants will learn how to practice mindfulness as a part of their own self-care and wellness journey.**

**LO 3. Participants will learn what mindful communication is and how it can help transform their relationship with students.**

**LO 4. Participants will learn the components of a Restorative Circle and have all the tools necessary to implement a Mindful Restorative Circle with their K-12 students.**

**Final Project-** By the end of this course, you will submit a Restorative Circle lesson. [Click here for Canvas link to template and description.](#)

**Quiz Assignments and Due Dates:**

Syllabus Quiz Due 10/7/25

Neuroscience of Mindfulness Quiz due 10/12/25

Components of a Restorative Circle Quiz 10/17/25

End of Course Evaluation Survey 10/19/25

***\*\*All Discussion (Reflect and Respond) assignments require you to respond to at least one other person's response.*** They should be detailed, thoughtful, and reflective in order to receive full credit.

**Module 0- Assignments: The following are graded Module 0 Assignments**

Due 10/12/25 Syllabus Quiz

**Module 1 Assignments: The following are graded Module 1 Assignments**

Due 10/12/25 Respond to the "Getting to Know Your Professor" talk.

Due 10/12/25 Introduction Discussion and Response

Due 10/12/25 Module 1 Experiential Meditation with Reflection and Response

Due 10/12/25 What is Mindfulness Reflection and Response

**Module 2 Assignments: The following are graded Module 2 Assignment**

Due 10/12/25 Engage in Meditation and Reflect and Respond

Due-Any point in Module 2- Respond to the Module 2 Professor Talk

Due- 10/12/25 Neuroscience of Mindfulness Reflection and Response

Due- 10/12/25 Just Breathe Video Reflection and Response

Due 10/12/25 Neuroscience of Mindfulness Quiz

**Module 3 Assignments: The following are graded Module 3 Assignments**

Due 10/16/25 Grounded in Presence Meditation- Reflection and Respond

Due 10/16/25 Listen to the Module 3 Professor Talk, "What Is Mindful Communication". Reflect and Respond

Due 10/16/25 View the Mindful Communication Video Series Part 1- Reflect and Respond

Due 10/16/25 View the Mindful Communication Video Series Part 2- Reflect and Respond

Due 10/16/25 Grounded in Presence Meditation- Reflection and Respond

**Module 4 Assignments: The following are graded Module 4 Assignments**

Due 10/16/25 Reflect and Respond to the 'What are the Components to a Restorative Circle' Professor Talk

Due 10/16/25 The Circle Process- Reflect and Respond to the content presented.

Due 10/16/25 Write 5 low risk, medium risk, and high risk restorative circle questions. Reflect and Respond to the content provided.

Due 10/17/25 Components of a Restorative Circle Quiz

**Module 5 Assignments: The following Assignments are Graded Module 5 Assignments**

Due 10/19/25 Final Project- You will create a Restorative Circle for a group of students with all of the components

learned in this course.

Due 10/19/25 End of Course Survey (This is for my purposes and separate from what you will need to do for Molloy.)

