

Sample Practicum Agenda

*This is a **suggested** format for organizing your practicum sessions. The content can be organized as you see fit. Suggestions for topics:*

- Basics of practicing mindfulness (anchors)- **MUST DO**
- Working with thoughts and emotions- **MUST DO**
- Informal practices to bring into your everyday- **MUST DO**
- Brain science and mindfulness
- Breath
- Senses
- Mindful eating
- Heartfulness practices (gratitude, self compassion, lovingkindness)
- Mindful walking
- Body scan

Class 1

1. Welcome and introductions of group
 - Allow everyone a chance to introduce themselves, perhaps share why they were interested in the course
2. Overview of course
 - give a brief overview of the 4 week sessions- is there a theme? What to expect? Etc?
3. Establish group norms
 - use the ones we gave you or create your own. Always leave space for participants to add on/delete.
4. Introduction to mindfulness
 - Definition (s)
 - Talk on the Basics of a sitting practice (i.e. anchors, posture, breath, benefits, etc.)
 - Offer a short grounding practice using anchors (3-5 min)
 - Debrief on people's experience
5. Opportunity for mindful listening/speaking
 - Introduction to mindful listening/speaking
 - This could take many forms (dyads, triads, inside outside circle, etc.)

- You may want to have participants journal about a topic before they share.
6. Ending practice and check out

Offer suggestions for practicing between sessions (ie sitting practice, journaling, reading an article, etc)

Class 2

1. Opening practice (**keep it under 10 min**)
2. Check in (everyone has an opportunity to speak)
3. Intro to new topic
 - Talk on topic
 - Offer a practice related to the topic
 - Debrief on people's experience
4. Opportunity for mindful listening/speaking
 - This could take many forms (dyads, triads, inside outside circle, etc.)
 - You may want to have participants journal about a topic before they share.
5. Ending practice and check out

Offer suggestions for practicing between sessions (ie sitting practice, journaling, reading an article, etc)

Class 3

1. Opening practice (**10-15 min**)
2. Check in (everyone has an opportunity to speak)
3. Intro to new topic
 - Talk on topic
 - Offer a practice related to the topic
 - Debrief on people's experience
4. Opportunity for mindful listening/speaking
 - This could take many forms (dyads, triads, inside outside circle, etc.)
 - You may want to have participants journal about a topic before they share.
5. Ending practice and check out

Offer suggestions for practicing between sessions (ie sitting practice, journaling, reading an article, etc)

Class 4

1. Opening practice **(15-20 min)**
2. Check in (everyone has an opportunity to speak)
3. Intro to new topic
 - Talk on topic
 - Offer a practice related to the topic
 - Debrief on people's experience
4. Opportunity for mindful listening/speaking
 - This could take many forms (dyads, triads, inside outside circle, etc.)
 - You may want to have participants journal about a topic before they share.
5. Extended closing of course- allow participants to share what was the most impactful for them.
6. Allow time for participants to give written feedback (electronically or on paper)

Offer suggestions for continued practice after this course ends.