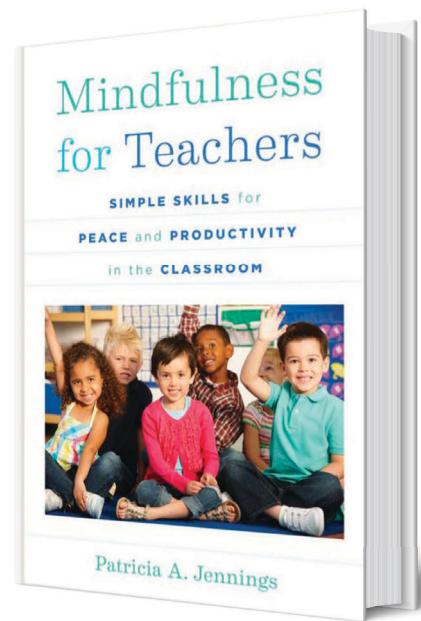


IEA Spring-Summer Book Study

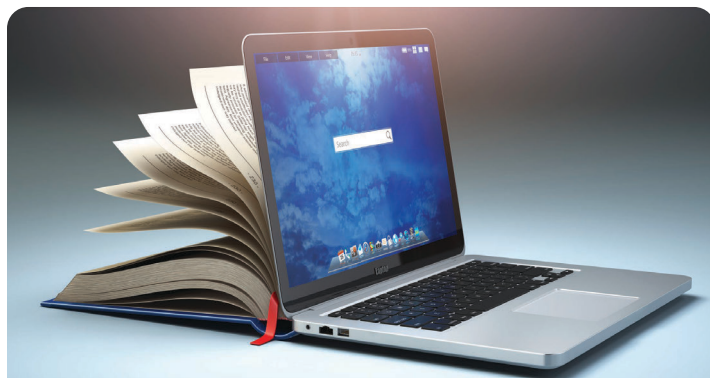
Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom
by **Patricia A. Jennings.**

Begins April 6

Mindfulness for Teachers is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.



Dr. Diana Zaleski, IEA Professional Development Director, will moderate the weekly reading assignments and discussions for this book study on NEA edCommunities.

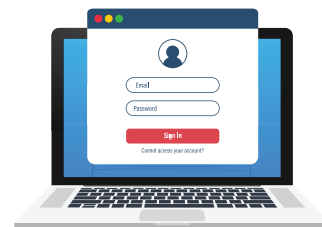


Please join the **IEA Book Study** group on **NEA edCommunities** and purchase the book if you would like to participate. ***Clock hours will be provided.***



How to Join NEA edCommunities

1. Go to www.mynea360.org and sign up.
2. Join groups and follow people.
 - > Click on the **Groups** tab and search for topics or group names.
 - > Click **Join** or **Request** to join.
 - > Click on the **People** tab and search for people to follow.
 - > Click Follow.
 - > **Groups to Join:** IEA Book Study, IEA Professional Development
3. Add a photo and complete your profile.
4. Be an active contributor in your groups by posting, liking, and commenting often.



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