



Our mission is to empower early learners to imagine the possibilities through mindful play.

We offer a unique, comprehensive, play-based mindfulness programming solution to help young children build resilience, self-awareness, and empathy. Established in 2013, Mindful Play Learning was conceived to offer an enriching curriculum centered around the fusion of mindfulness and play-based learning. We recognized the imperative of fostering mindfulness through interactive play. We firmly believe that our program wields the potential to effect positive transformations – one child, one family, and one community at a time.

MPL COMPLETE PROGRAM SOLUTION \$2500

The Mindful Play Learning Complete Program Solution provides everything you need to implement successful Mindful Play Learning sessions in your early learning environment.

- 1 - MPL Program Guide (Includes 52 Themed Lesson Plans w/ over 300 activities) -hard copy & digital download
- 12-hour MPL Teacher Training for up to 10 staff
- 120-Minute Teacher Observation and Coaching (can be divided into multiple sessions)
- 9 - "Feelings" Yoga Poses Posters - digital download
- 1 - Mini-Meditations Card Deck
- 1 - Yoga Play Card Deck
- Mindful Play Kit with activity enhancement tools (Teacher Yoga Mat, Meddy Teddy, Scarves Set, Hoberman Sphere, Woodstock Chime, Parachute, Bubble Machine, Sticker Set)
- Teacher Training Files via Google Drive
- Certificate of Completion for each teacher
- Each Teacher becomes a part of our MPL network

TEACHER OBSERVATION AND COACHING \$500

1:1 coaching session to discuss the progress and implementation of Mindful Play Learning programming at your early learning environment.

ADDITIONAL CURRICULUM GUIDE \$150

Program Guide (300 pages) + 52 Themed Lesson Plans (300+ activities) Manual book

ADDITIONAL MINDFUL PLAY KIT \$300

Mindful Play Kit with activity enhancement tools (Teacher Yoga Mat, Meddy Teddy, Scarves Set, Hoberman Sphere, Woodstock Chime, Parachute, Bubble Machine, Sticker Set, Card Decks)

ADDITIONAL MPL TEACHER TRAINING \$250

Mindful Play Learning Teacher Training, is for early learning environments that want to train additional teachers as Mindful Play Learning instructors.

HOW CAN I INCORPORATE MINDFUL PLAY LEARNING AT MY FACILITY?

Facilities can incorporate Mindful Play Learning as parent and me classes or as enrichment classes for early learners.

These sessions can be offered in the following ways:

- **Daily Sessions**
- **Weekly Sessions**
- **Bi-Weekly Sessions**
- **Seasonal Camps**

Brand your sessions as Mindful Play Learning Time or use your own name!

***PRICES SUBJECT TO CHANGE**

