

# Infusing Team Building, Mindfulness, & Inquiry

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# Circle Up

Welcome

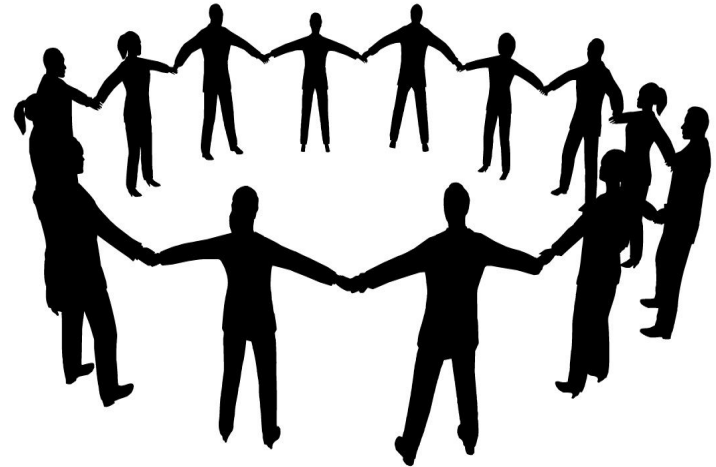
Purpose

*To define and experience **team building**, **mindfulness**, & **inquiry** so that participants may build strategies for increasing students' capacity for growth*

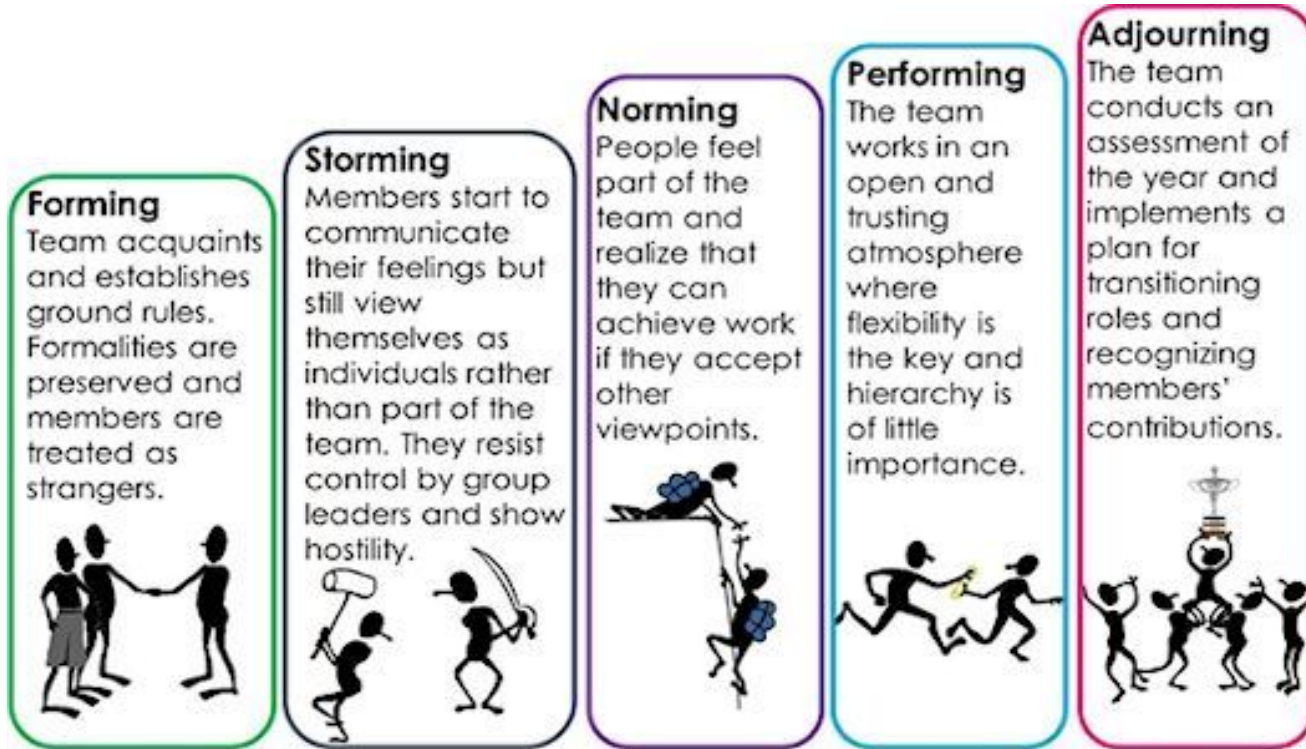
Greeting

*Just Like Me!*

Essential Agreements



# What is Team Building?



Team Development Model By Psychologist Bruce Tuckerman

# Think About It

What is something that you  
Are truly **ashamed** of?



# Team Building Initiatives

- Communication
- Adaptability & Planning
- Problem Solving & Decision Making
- Trust Building



# What is Mindfulness?



*“YESTERDAY IS HISTORY,  
TOMORROW IS A MYSTERY,  
BUT TODAY IS A GIFT.  
THAT IS WHY IT IS  
CALLED THE PRESENT.”*

# Simple Mindfulness Strategies

- Gong/Chime to Silence
- Draw a Picture & Go There
- Sand in a Jar
- Observe a Raisin for the “first time”
- Count to 10 for one minute
- Simple yoga practice
- Silent written reflection

# Simple Mindfulness Strategies



*CALM YOUR  
MONKEY MIND*

*"YADA YADA YADA"*



# What is Inquiry?

