MINDFULNESS-BASED LEARNING LAB (MBL)

To ensure the sustainability of the Mindfulness Based Learning program and to further enhance the learning experience and the impact of MBL, Ivy Child has established a Mindfulness Based Learning Lab at Claremont Academy. The purpose of the lab is to unite students, faculty, and staff to promote the integration of Mindfulness Based Learning principles and techniques into the school’s curriculum, culture, and community. The goals of the Learning Lab are to:

- Inform teaching methodology and experiential learning with MBL research and practice
- Explore new teaching approaches to further engage students
- Challenge students, faculty, administrators to apply mindfulness-based principles in everyday interactive and learning experiences
- Provide site based consultation to Claremont staff (teaching, guidance and administrative) to:
  - Increase and improve faculty/student interactions and relationships
  - Support the daily practice of mindfulness based learning for all at Claremont Academy