



Wisconsin Public Television

NEWS RELEASE

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WPT Partners With Global Leader in Mindfulness Research For New Educator Resources

After collaborating with the Center for Healthy Minds at the University of Wisconsin-Madison, Wisconsin Public Television (WPT) Education has released ***Kindness in the Classroom***, a new, multi-part video series designed to give pre-k and kindergarten educators insight into the positive impacts of teaching mindfulness in a classroom setting. The series focuses on implementing the *Kindness Curriculum*, a free 24-lesson mindfulness-based guide designed for early learners, researched and developed by the Center for Healthy Minds, a global leader in the scientific research of the mind, emotions and well-being. The video series and accompanying resources are now available for free online access at WPTeducation.org/kindness.

“The Center for Healthy Minds’ *Kindness Curriculum* had been researched and developed, and they were looking for ways to welcome more Early Learning educators to the practice of classroom mindfulness,” said Megan Monday, WPT Education Executive Producer. “We developed ***Kindness in the Classroom*** to provide educators with multiple entry points into the practice.”

Kindness in the Classroom introduces the foundational concepts of classroom mindfulness, shares insights directly from teachers with experience implementing the *Kindness Curriculum* and offers an opportunity to practice mindfulness. The project website includes the five-part video series, a downloadable version of the Center for Healthy Minds’ *Kindness Curriculum*, information on the research behind the curriculum and details the Wisconsin-specific and national learning standards met by the curriculum.

Kindness in the Classroom was made possible by generous funding from Nancy Gunzberg, the Friends of Wisconsin Public Television’s Focus Fund for Education and the Timothy William Trout Education Innovation Lab.

WPT is a service of the Educational Communications Board and the University of Wisconsin-Madison.

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