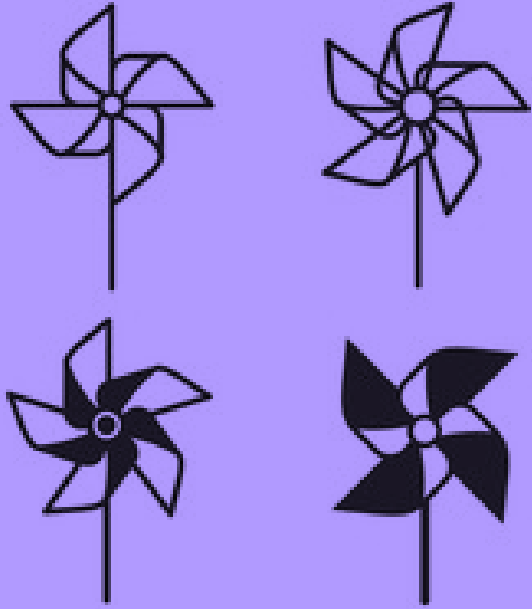




YIC Webinar

Session Fifteen: June 23, 2021
9:00am to 11:00am

ADA Compliant 6/23/2021



Agenda

Session Fifteen: June 23, 2021
9:00am to 11:00am

- 9:00am – 9:30am Welcome and Mindfulness – Amanda Charlesworth, USBE YIC
- 9:30am 11:00am – How to Help Youth Recognize Unhealthy Relationships – Lauren Davis, Utah Valley Family Support Center

Mindfulness Moment

Gabrielle Jones'

Mindful Morning: Breathing
with a Pinwheel

Step 1



Mindfulness Moment Resources

Pinwheels for mindful breathing:

Giving students an object to focus on may help them learn to concentrate during mindfulness breathing.

Making pinwheels with students could also be an opportunity for students to share art or designs that represents their cultural identity, uniqueness and dreams.

- [Breathing Animation: Pinwheel](#)
- [Firstpalette.com free printable pinwheel templates](#)
- [Firstpalette.com free make your own pinwheel templates](#)
- Gabrielle Jones posted [instructions on how to create your own pinwheel](#)



Lauren Davis, Prevention Education Specialist
Family Support & Treatment Center

Lauren recently graduated from Utah Valley University in Behavioral Science with an emphasis in Family Studies. She is a licensed Family Life Educator and is certified in Trauma and Crisis Response. Lauren believes many of the issues families and individuals face today can be improved, and more importantly, prevented, by education on how to develop healthy relationships. She is passionate about creating happy, healthy families and excited to have her own someday!



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