



FOR SCHOOLS AND TEACHERS

Mindfulness Meditations

10 meditations | Children ages 6 to 11

EDUCATIONAL RESOURCE | LIFETIME LICENSE

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Patrick Therrien

Professional musician-composer with a degree in Music Education (Université Laval). I taught music in Québec schools for 33 years before dedicating myself full-time to artistic creation.

My musical works have received international recognition and awards.

I am pleased to present a complete and sustainable educational resource designed to support the well-being of elementary school students, both in the classroom and in after-school care settings.

A sustainable solution for student well-being.

This educational resource was designed to support the well-being, calm, and readiness to learn of elementary school students, both in the classroom and in after-school care.

It integrates easily into existing routines and helps establish a more serene school climate.

Program presentation

The program includes a set of 10 mindfulness meditations, created and tested in school settings.

Lasting 5 to 7 minutes, these meditations support students in the development of their attention, their ability to refocus, and their emotional self-regulation.



Benefits in School and classes

Improved Classroom Climate

The meditations help establish a calmer, safer, and more respectful atmosphere. They reduce agitation, noise, and tension, thereby fostering an environment conducive to learning and collective well-being.

Development of Refocusing and Self-Regulation

Students gradually learn to refocus, recognize their inner state, and regain calm on their own. This encourages concentration, reduces impulsive behaviors, and promotes better emotional regulation.

Support for Positive Social Interaction and Peaceful Behaviors

The meditations explicitly address essential values such as friendship, peace, and kind actions. They encourage empathy, respect for others, and peaceful behaviors in daily life, both in the classroom and in after-school care.

Smoother and More Effective Transitions

Used at key moments (after recess, at the start of the day, during activity changes), students become more available and ready to learn, allowing for smoother transitions between learning periods.

A Credible and Proven Resource

The program was designed by Patrick Therrien, a professional musician-composer with a degree in music education (Université Laval). He taught music for 33 years before dedicating himself full time to artistic creation. His musical works have received international recognition and awards.

Themes Covered

The meditations are organized around five themes essential to socio-emotional development.

Friendship

Peace

Joy

Harmony in class

Self esteem

10 MINDFULNESS MEDITATIONS

- Short duration: 5 to 7 minutes
- No complex preparation required
- No prior experience required

Complete offer for schools

An educational resource purchased once,
usable year after year, with no renewal required.

INCLUDED IN THE OFFER

- Digital set – 10 downloadable audio meditations
- Teacher's guide (PDF)
- Educational presentation file (PDF)
- Lifetime educational license..

CLEAR AND REASSURING TERMS

- Educational license with no renewal required
- Unlimited use within the institution
- Permanent digital access
- Institutional billing available

One time purchase

Download immediatly

Schools

To be offered to all
teachers within your
institution.

249\$

Teachers

To be offered to your
individual classes.

89\$



Get the meditations package now by
scanning the following code.



Conclusion

Mindfulness meditations for students aged 6 to 11 constitute a sustainable educational resource, designed to meet the concrete needs of the school environment.

Thanks to their short format, adapted content, and caring approach, these meditations support: student well-being a calmer school climate smooth transitions throughout the day the development of essential skills such as attention, self-regulation, and positive social interaction.

The lifetime educational license ensures simple and flexible use for the institution, with no renewal or administrative constraints.

This resource is part of an educational vision focused on well-being, success, and respect for students' pace.

Contact details and information

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