

# Mindfulness Assemblies with Brian Chevalier!

Brian Chevalier  
Singer/Songwriter/Teaching Artist  
Songspun Productions  
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## Mindfulness - Freedom Within Assemblies – Introduction to Mindfulness

The strength of this program is in its simplicity. Students already possess the skills to be mindful in their everyday lives. When students are intently working on a drawing, or running carefree on the playground they are simply being present. Their minds are not lost in worry about the past or worry about the future....they are just "being present."

Brian's program Mindfulness - Freedom Within, achieves several goals. First, through a line of inquiry, Brian helps students realize that they ALREADY possess the skills necessary to practice mindfulness on a daily basis. Your school will experience some mindful breathing and learn when it might be useful to employ. They will also learn that there is more to mindfulness than breathing and meditating. Other important points and "tools" connected to mindfulness are things like gratitude, empathy, acceptance, being of service to others and impermanence (This too shall pass)

Once students realize that they ALREADY possess the skills necessary to practice daily mindfulness, Brian points out when and how we can intentionally use these skills (that we already possess). We can intentionally use these skills when we are feeling stressed, worried and anxious. Having these mindfulness skills already within us is kind of like having a superpower...the only question is....when and how do we use these superpowers to help ourselves stay present, calm and mindful?

As much as teaching the students the important principals and techniques behind mindfulness, Brian is giving teachers ideas to use in their classroom to help create an atmosphere of mindfulness. Brian does not expect, especially the younger kids, to remember all of the ideas from the assembly. That's where the teachers can come in by reminding kids of these ideas.

Brian's experience conducting assemblies in schools for over twenty years allows him to work well with all age groups. One of the consistent pieces of feedback Brian receives from educators is the strength of his lines of inquiry. Rather than telling kids the information, he weaves stories and music together with the most important part of the dialogue...the students' own thoughts and ideas.

Workshops are also available.

## Q&A About assemblies with Brian!

Length? 45 minutes per assembly.

Target Age? K - 6

Will students be engaged? Totally!

## About Brian Chevalier

Brian Chevalier has been energizing audiences throughout NJ, NY (including Long Island), CT, PA, MA, NH and VT for 35 years. He has been providing school assemblies, school programs and artist in residence programs since 1995. Brian first received his training as a Teaching Artist through the Albany/Schenectady League of Arts apprenticeship program. Brian has been trained in the Lincoln Center approach to Aesthetic Education. Brian facilitated workshops for the Capital Region Center For Arts In Education for many years. He also completed a grant from the New York State Council on the Arts for which he has composed a collection of songs that address the history and folklore of the Adirondacks. In addition to his ongoing work in the schools he is working on several grants that are assisting him in developing new programs that will be available for next year. With his highly interactive and engaging delivery of various music styles from Rock to Blues to Reggae to folk, Brian will have your students up and moving! He specializes in working with Elementary school aged children. Brian has also become well known for his residency programs and workshops throughout the Capital Region and the Northeastern United States where he has visited hundreds of schools.

*"Whether you are looking for an Arts experience with a solid curriculum connection or for an engaging performance for your school, I look forward to brainstorming and collaborating with you to help you create an educational and memorable event for your school!" ~ Brian Chevalier*

## Booking Information

What do performances with Brian cost? We will be happy to send you a quote. Please e mail [songspun@nycap.rr.com](mailto:songspun@nycap.rr.com) or visit the website [www.songspun.com](http://www.songspun.com). Brian is competitively priced.

Travel Costs? Programs located more than an hour from Glens Falls, NY will be charged mileage at the current Federal Rate. Ask about programs that require stay over.

Does your program qualify for funding through NYS BOCES? Yes, Brian is listed as a performer with the NYS BOCES.

Where does he travel? NJ, NY (including Long Island), CT, PA, MA, MD, NH, VT, VA, DEL, and Washington. He will travel further with travel expenses provided by the venue.

For more information or to book Brian for your next school program or event contact Brian directly.

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