

Mindfulness Practice for the Classroom

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Agenda

- What is Mindfulness
- Practice session
- Mindfulness and the Brain
- Benefits of Mindfulness
- Mindfulness in Classrooms
- Practice session
- Where to Begin
- Questions
- Closing



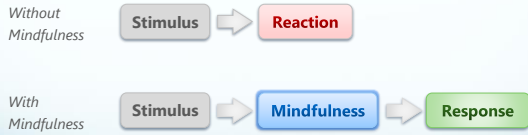
What Is Mindfulness?

Mindfulness means maintaining a present-moment **awareness** of our thoughts, feelings, bodily sensations, or surrounding environment.

It also includes the intentional nurturing of positive states of mind such as kindness and compassion.



Mindfulness helps to create space and replace **impulsive reactions** with **thoughtful responses**.



Mindfulness provides a space to return to your state of being...

- S** – Stop
- T** – Take 3 Deep Breaths
- O** – Observe
- P** – Proceed with Kindness and Joy

“It’s the highest form of human intelligence” – Deepak Chopra

What Mindfulness Isn't

- ... a disciplinary tactic
- ... only calmness and happiness
- ... a silver bullet for everything that ails
- ... the absence of thought
- ... religious

Short Film: Children Talk about Handling
Difficult Emotions with Mindfulness



"Just Breathe" by Julie Bayer Salzman & Josh Salzman (Wavecrest Films)

Practice Session
Mindful Bodies and Mindful Breathing



Ideas about Mindfulness are
Evolving



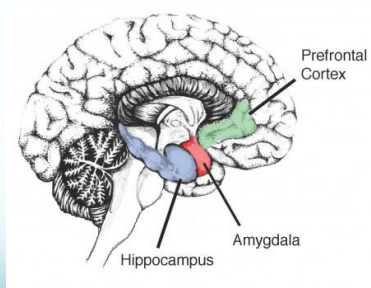
Spiritual



Neurological

(Ireland, 2014)

Mindfulness and the Brain



Holzel et al. (2010)

Benefits of Mindfulness

Supported by 30+ years of research and current neuroscience among adults, and a growing literature with youth



Cognitive Outcomes

Better **focus** and **concentration**



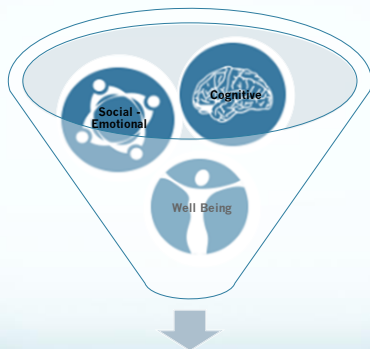
Social-emotional Skills

Improved **emotion regulation, self awareness, and compassionate** attitudes and behavior



Well Being

Decreased **stress, anxiety, and depression**



Learning

Mindfulness in the Classroom

- Mandala
- Mindful walking/movement
- Classroom Transitions
- Mindful Test Taking
- Strong Emotions



The Power of Your Mind: Guided Imagery



Reflection

- Where did you go?
- What did you see?
- How did you feel?
- Was anything difficult?
- Did you become aware of any thoughts?
- Did you notice any body sensations?







Heartfulness



Questions?

