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

(Ireland, 2014)
Mindfulness and the Brain

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

Holzel et al. (2010)
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?
Where to begin...

Mindfulness starts with you

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Learn mindfulness.
For yourself.
For your students.

Where to begin...

Benefits of Mindfulness for Teachers

- Demonstrated reduced stress and burnout
- Reported greater efficacy in doing their jobs
- Had more emotionally supportive and better organized classrooms (based on independent observations)
Heartfulness

Questions?