



Mindfulness in the Classroom: Teachers and Students Talk About Their Experiences

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AND STUDENTS!!!!!!**



Introduce yourself to two other people near you:

- Name, role in education
- Why did you come to this session?
- Remember who you talked to; you will talk to them again



LISTENING AND PAUSE PRACTICE



Turn and Talk

1. What did you notice – sensations, emotions, thoughts
2. Narrative of your experience – focus on the experience not your evaluation of the experience



Definitions of Mindfulness

Paying Attention:

- With intention
- In the present moment
- Without judgment
- With kindness and gentleness

Jon Kabat Zinn



Another Definition

Paying attention to your own
experience as it is happening in real time

Peter Grossenbacher, Naropa University



A 2014 University of British Columbia study of Mind Up with 4th and 5th graders:

...(those) who participated in the program were better at **regulating stress**, were **more optimistic and helpful**. They were also **better liked by their peers** than children in a program that taught caring for others but without a mindfulness component. They also found the children in the mindfulness-based program **performed better at math**.



A 2012 Summary of the Research on the Impact of Mindfulness on Children and Youth by the University of Exeter in the UK

- Well conducted mindfulness interventions can improve the mental, emotional, social and physical health and wellbeing of young people who take part.
- It has been shown to reduce stress, anxiety, reactivity and bad behavior, improve sleep and self-esteem, and bring about greater calmness, relaxation, the ability to manage behavior and emotions, self-awareness and empathy.
- Mindfulness can contribute directly to the development of cognitive and performance skills and executive function.



Hearing from Students and Teachers



ANOTHER SHORT PRACTICE



Turn and Talk

- What did you hear that was meaningful to you?
- What are you taking away?
- What might be a next step for you?
- What questions do you have?
 - See if you can answer them among yourselves.
- What's a question you want to ask the kids and teachers?



Research

- Greater Good Science Center Research Round Up
- http://greatergood.berkeley.edu/article/item/research_round_up_school_based_mindfulness_programs
- Evidence for the Impact of Mindfulness on Children and Young People
<http://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>
- UBC Mind Up Study
<http://news.ubc.ca/2015/01/26/mindfulness-based-programs-in-schools-making-a-positive-impact-ubc-study/>
- Integrating Mindfulness Training into K-12 Education: Fostering the Resilience of Teachers and Students
ink.springer.com/article/10.1007%2Fs12671-012-0094-5



Programs

- PassageWorks Institute, Boulder, Colorado
 - www.passageworks.org/programs/mindfulness
- Mindful Life, Steamboat Springs, Colorado
 - www.mindfullifetoday.com
- Mindful Schools, Oakland, California
 - www.mindfulschools.org
- Mindfulness in Schools Project, UK and USA
 - www.mindfulnessinschools.org
- Mindfulness in Education Network
 - www.mindfuled.org
- Association for Mindfulness in Education
 - www.mindfuleducation.org
- Mind Up
 - www.thehawnfoundation.org/mindup



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