

## ***Professional Learning Activity: Mindfulness***

### **Learning Objectives:**

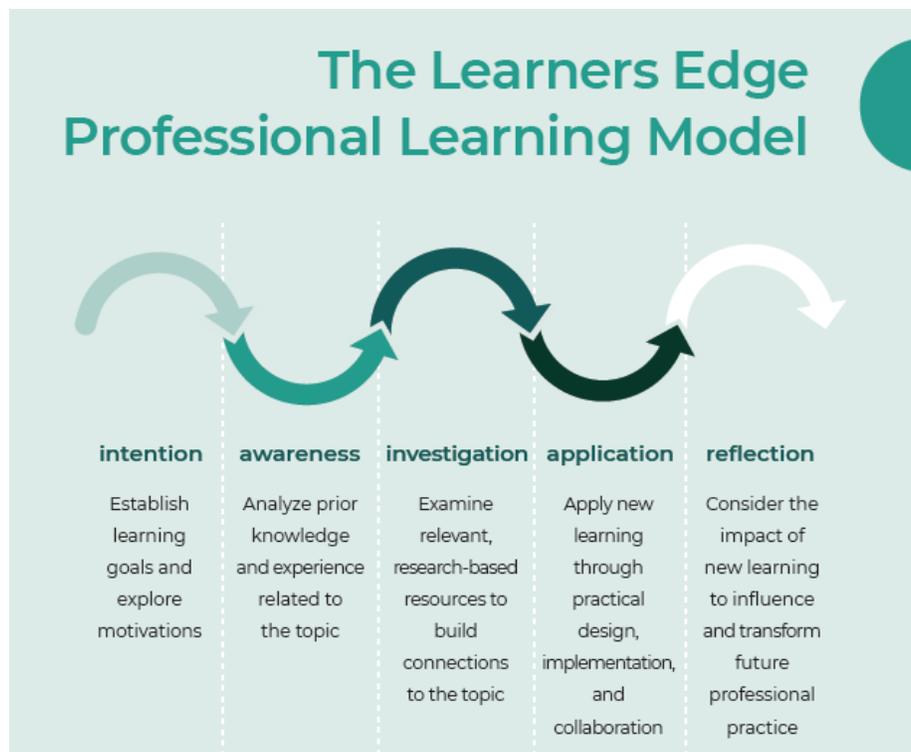
- Participants will identify the benefits of mindfulness.
- Participants will explore methods for using mindfulness with students.
- Participants will identify at least one strategy for being mindful as a teacher.

### **Necessary Materials:**

- Internet access
- Conversation Notes handout (one per partnership or small group)

### **Facilitator Email:**

*Today we are going to learn more about mindfulness for students and for us! To do so, we will follow this research-based professional learning model developed by Learners Edge.*



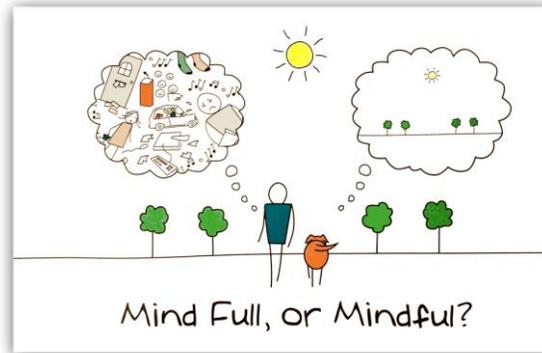
*Watch these quick introductory videos to get you thinking about our topic:*

[Gratitude Revealed: Mindfulness](#)

[What is mindfulness?](#)

[What Is Mindfulness - Center for Mindfulness, UMASS](#)

Now, take a minute to jot down a goal you have for learning more about mindfulness.



*As you know, teacher burnout is prevalent among educators. There are a million statistics to support that statement, but instead of practicing problem admiration, let's be problem solvers. If we do that, the questions really become: How do we solve this problem? Prevent it? Recover from it? Here's the answer: We must build resilience in our teacher selves. We know teacher burnout exists, but we must find ways to combat it. Increasing your own resilience is one way!*

To learn more, please complete the following:

1. Read this article outlining the benefits of mindfulness to both teachers and students.  
[Destress The Classroom: Bringing Mindfulness To Students And Teachers](#)
2. Check out the image below and the source linked underneath it if you so choose.

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### Benefits

Solid scientific evidence suggests that mindfulness interventions improve attention, self-control, emotional resilience, recovery from addiction, memory and immune response. Here's a summary of benefits particularly relevant to educators:



#### Attention

Strengthens our "mental muscle" for bringing focus back where we want it, when we want it.



#### Emotional Regulation

Observing our emotions helps us recognize when they occur, to see their transient nature, and to change how we respond to them.



#### Adaptability

Becoming aware of our patterns enables us to gradually change habitual behaviors wisely.



#### Compassion

Awareness of our own thoughts, emotions, and senses grows our understanding of what other people are experiencing.



#### Calming

Breathing and other mindfulness practices relax the body and mind, giving access to peace independent of external circumstances.



#### Resilience

Seeing things objectively reduces the amount of narrative we add to the world's natural ups and downs, giving us greater balance.

If you would like to see the full source for this chart above, click [here!](#)

3. *Practicing mindfulness does not have to take a lot of time. Read the article below to review some simple strategies.*

[Six Mindfulness Exercises You Can Try Today](#)

4. *Watch this short video to affirm the positive impact mindfulness can have in the classroom!*

["What Is Mindfulness?" – Awakening Kindness and Curiosity at School](#)

5. *Then, read the article [Four Simple Ways to Teach Mindfulness](#) to see how one teacher got started. We love this advice!*

6. *This webpage has a zillion ideas...okay, maybe not a zillion, but many. [25 Fun Mindfulness Activities for Children and Teens \(+Tips!\)](#)*

7. *Finally, check out these tech tools for mindfulness: [Tech Tools to Support a Mindful Classroom](#)*

8. *Draft a quick plan using ONE thing you learned to either practice mindfulness yourself or teach mindfulness to your learners.*

9. *Lastly, meet virtually with a colleague or small group of your peers to discuss the prompts outlined on the Conversation Notes handout.*

To learn more about mindfulness, check out these learning opportunities from Learners Edge:

[Webinar: Mindfulness for Teachers](#)

[PD 139: Mindful Teachers, Mindful Students](#)

[Course 5018: Incorporating Mindfulness: Strategies to Encourage Student Focus and Awareness](#)

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Conversation Notes:

Discussion Prompts	Notes
<i>Share one reason you should participate in mindfulness.</i>	
<i>What do you already know about mindfulness? What more do you want to know? How do you plan to find out?</i>	
<i>Share one takeaway from the articles and/or videos you reviewed that will positively impact your professional practice.</i>	
<i>What is one thing you will commit to <b>doing tomorrow and going forward</b> to increase your own mindfulness or that of your students?</i>	
<i>How will being mindful positively impact your students? Yourself? Your family?</i>	