



# Mindful Moments in Education

*--Building communities of compassion through the practice and support of Mindfulness at school and at home.*

---

## School Staff Presentation Agenda

### Welcome, Introductions

### Define Mindfulness

- Paying attention on purpose without judgment
- We can be mindful of our senses, and of our inner world of thoughts and emotions
- “Raise your hand if someone has ever asked you to pay attention. Keep it up if anyone ever told you how.”

### History of Mindfulness

- Mindfulness can be traced back thousands of years to ancient practices and traditions
- Introduced in secular applications beginning over 30 years ago through the work of Jon Kabat-Zinn and MBSR (Mindfulness Based Stress Reduction)
- Now in medicine, psychology, corporate settings to address illness, pain and stress, among other things
- 30 years of research showing
  - decreased depression, anxiety, stress
  - improved sleep (reduced insomnia)
  - increased physical and mental ease & well-being, increased resonance with others
  - among many other things
  - 40 studies/month are currently coming out on mindfulness!

### Mindfulness in Education

- New and rapidly growing
- Social Emotional Learning (SEL) and Response to Intervention (RtI)
- Benefits we are seeing:
  - **Focus and concentration** (necessary especially with the increasing use of technology)

- **Increased self awareness** (Recognizing emotions) >>
- **Improved impulse control** (Creating Space!)
- **Reduced Stress** (Ability to calm down when upset)
- **Empathy** (for self and others)

### Research and Neuroscience

- Mindful Schools research study
  - Largest to date on mindfulness in children and education
  - Over 900 students K-5, over 45 teachers
  - Improvements in Social, Emotional, Physical and Mental engagement
- The Mindful Brain
  - Role of Prefrontal Cortex (Siegel's 9 functions)
  - Amygdala
  - Hippocampus
- Impact in the classroom if these things are addressed

### School Mindfulness Programs

- Mindful Schools
- Calm Classroom
- Mind Up

### Experiential Introduction

- Mindful Listening
- Mindful Breathing
- Heartfulness Practice

### Questions

#### Contact Information:

*Patricia Ward, M.Ed.*

[Mindful Schools Certified Instructor](#)

E: [mindfulmomentsinedu@gmail.com](mailto:mindfulmomentsinedu@gmail.com)

C: 616-204-2099

W: [www.mindfulmomentsinedu.com](http://www.mindfulmomentsinedu.com)