

PLANNING CONSIDERATIONS FOR MINDFULNESS IN A SCHOOL SETTING

Today	In the next week	In the next few months	In the next year	In the next 5 years
<p>Notice what it feels like to bring your awareness to your breathing, the sensations within your hands or the sounds around you without judging it or them.</p> <p>Consider reading this website page: https://www.mindful.org/meditation/mindfulness-getting-started/. The video with Jon Kabat-Zinn gets philosophical rather quickly - he defines mindfulness between :19-:36 of the video</p>	<p>Ask your colleagues if anyone else is interested in learning more about mindfulness together. Find classes in your community. There are hundreds of resources online. If you have never engaged in formal mindfulness practices, I recommend learning from someone physically in your presence. A yoga class may also be a good introduction.</p>	<p><u>Consider the following:</u></p> <ul style="list-style-type: none"> - Your commitment to a personal practice - engage in self-reflection. (think of it as fidelity in RtI) - What are your intentions of incorporating mindfulness into your classroom? As a whole, what are the school's intentions for incorporating mindfulness? - What are the resources (financial and time especially) do you have available to learn more about teaching it to students? - Engage parents in a 	<p>If committed to bringing mindfulness to your school or classroom, consider having group of teachers be trained in MBSR (Mindfulness-Based Stress Reduction) - this provides a research-based foundation of practice.</p> <p>Explore resources and different curricula available.</p>	<p>Maintain practice, continue education around teaching mindfulness as part of a core social and emotional learning curriculum, stay up-to-date on the research.</p>

		<p>discussion about their understanding of mindfulness</p> <ul style="list-style-type: none"> - What are the safeguards that will be put into place to ensure the well-being of all students? - How will effectiveness of the program be monitored? - Are there local supports that can serve as a resource during implementation? 		
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Ongoing: Teachers (of mindfulness) continue to engage in regular practice