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# Mindfulness in the Classroom

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# Why Mindfulness is a Superpower

Narrated by Dan Harris

<https://www.youtube.com/watch?v=w6To2g5hnT4>

# What is Mindfulness?

## — Mindfulness is:

- The practice of paying attention to the present moment
  - acknowledging/recognizing feelings, thoughts, sensations without judgement
- Based on Eastern meditation practices
- An invitation

## Mindfulness is not:

- A state of euphoria or lack of feeling - especially “negative” emotions (sadness, disappointment, anger, etc)
- A religious practice
- Required/mandatory

# Benefits of Mindfulness

- Brain research has shown that regular mindfulness practice develops the prefrontal cortex of the brain, positively impacting functions such as:
  - Regulating emotions
  - Decision making
  - Empathy
  - Focus

([www.calm.com](http://www.calm.com))

# Why Aren't We Teaching You Mindfulness?

**Ted Talk by Anne Marie Rossi, founder of “Be Mindful,” bringing  
mindfulness training to schools and community organizations**

**<https://www.youtube.com/watch?v=-yJPcdiLEkI>**

# Mindfulness Resources:

- *Master of Mindfulness* book, by Laurie Grossman and Angelina Alvarez
- *The Mindfulness Education Workbook*, by Daniel Rechtschaffen
- [Why Mindfulness is a Superpower](#) video
- [www.mindfuleducation.com](http://www.mindfuleducation.com)
- <http://hlfinc.org/> Holistic Life Foundation
- [Why Aren't We Teaching You Mindfulness?](#) video
- [www.gonoodle.com](http://www.gonoodle.com) Mindfulness and Movement for Kids
- <https://www.calm.com/schools#teacher-form> Free for teachers!
- <https://www.calm.com/>