

# Mindfulness in the Classroom & Beyond



## STRONGER UNITED

**YOUR VOICE  
YOUR UNION**

# *Mindfulness in the Classroom and Beyond*

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# Presenters





## Course Objective

*Cultivate Mindfulness*

# We *Aspire* to provide...

- 1) Inspiration
- 2) Mindfulness topics
- 3) Practical strategies (practice)
- 4) Resources

just  
breathe





*“If it is out of your hands,  
it deserves freedom from  
your mind too”.*

*~Ivan Nuru~*

# *Mindfulness*

MEANS PAYING  
ATTENTION IN A  
PARTICULAR WAY,  
ON PURPOSE, IN THE  
PRESENT MOMENT  
NON-JUDGMENTALLY.

JON KABAT-ZINN



# Mindfulness Terminology

Meditation - In the moment

Intention - Plan

Affirmation - Positive self-talk

Breathing Space - Attention to the inhale and exhale

# Mindfulness

## Definition

Mindfulness is paying attention, on purpose, in the present, and non-judgementally, to the unfolding of experience moment by moment — Jon Kabat-Zinn.

## Mindfulness attitudes:

- » Patience
- » Nurturing trust
- » Non-striving
- » Acceptance
- » Letting go

## What occupies your attention?

- » The present moment
- » Zoning out
- » Distractions and “multi-tasking”
- » Thinking about the future
- » Thinking about the past



# *Tai Chi*

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The essential principles include mind integrated with the body; control of movements and breathing; generating internal energy, and mindfulness.



# Tai Chi Terminology

A Chinese Internal Art form that focuses on the following:

- Breathing
- Internal energy development
- Intentionality
- Spiritual enlightenment
- Stress reduction

Practice

# *Belly Breathing*

# Mindfulness/Tai Chi Improves...

- Executive functioning skills
- Enhances working memory
- Social emotional development
- Reduces stress
- Builds a positive classroom culture
- Creates trusting adult relationships



- Develop a belief
- Create a plan
- Be consistent and confident
- Be intentional
- Practice often and reflect

# *Establishing a Mindfulness Practice*



Resources-Links