

Mindfulness and Presence

What is it

Paying attention in the present moment, on purpose, and without judgment (Kabat-Zinn, 1994)

What research says:

- Helps regulate attention and practice empathy
- Heightens awareness
- Reduces reactions to negative experiences
- Increases ability to notice positive experiences

Mindfulness Activities for Teachers and Students

- Mantra: repeated phrases expressing a strong belief (ex: I am enough)
- Observing breaths
- Meditation
- Yoga
- Take a minute to take note of emotions and how it makes body feel
- Remind self that thoughts come and go, that you can let go & return to work
- Body Scan: taking 3–5 full breaths as you feel different parts of your body (feet, knees, hips, belly, heart, face)

How it relates to social emotional learning

- Improves self-awareness
- Improves emotional regulation and physical sensation
- Improves relationships with yourself and others



References

Flook, L., Goldberg, S. B., Pinger, L., Bonus, K., & Davidson, R. J (2013). Mindfulness for teachers: A pilot study to assess effects on stress, burnout and teaching efficacy. *Mind, brain and education : the official journal of the International Mind, Brain, and Education Society*, 7(3), 1-22.
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