



Meditation And The Classroom Meditation And The Classroom

Christine Rivers



Meditation And The Classroom Meditation And The Classroom:

Mindfulness in the Classroom Thomas Armstrong, 2019-07-18 In today's schools students and teachers feel unprecedented even alarming levels of stress How can we create calmer classrooms in which students concentrate better and feel more positive about themselves and others Author Thomas Armstrong offers a compelling answer in the form of mindfulness a secular practice he defines as the intentional focus of one's attention on the present moment in a nonjudgmental way In Mindfulness in the Classroom Armstrong Explains how mindfulness affects the structure and function of the brain Provides an overview of mindfulness as both a personal practice and a classroom methodology that aligns with such educational models as Social and Emotional Learning SEL Positive Behavioral Intervention and Supports PBIS and Universal Design for Learning UDL Shares and explains the extensive research that shows the positive effects of mindfulness practices in the classroom Describes how to adapt mindfulness for different grade levels integrate it into regular school subjects and implement it schoolwide Offers guidelines for teaching mindfulness responsibly without religious overtones Dozens of observations from teachers students researchers and practitioners provide striking evidence of the power of mindfulness and offer hope to anyone who wants to make classrooms more productive places of learning **Three Breaths and Begin** William Meyer, 2019-04-30 LEARN THE TRANSFORMATIVE POWER OF MEDITATION IN THE CLASSROOM Meditation can be a potent practice for creating focus and facilitating learning in the classroom for kindergarteners grad students and everyone in between Longtime schoolteacher William Meyer has taught a variety of meditation techniques to students fellow teachers and parents with remarkable results In Three Breaths and Begin Meyer details how teachers can incorporate mindfulness into their curricula every day He covers every aspect of teaching meditation from creating a dedicated space in the classroom to meditating on field trips in sports settings and even in the midst of tragedy Offering numerous ready to use scripted meditations this insightful practical and loving guide will benefit anyone interested in the well being of students and most of all the students themselves Meditation and the Classroom Judith Simmer-Brown, Fran Grace, 2011-08-01 Meditation and the Classroom inventively articulates how educators can use meditation to educate the whole student Notably a number of universities have initiated contemplative studies options and others have opened contemplative spaces This represents an attempt to address the inner life It is also a sign of a new era one in which the United States is more spiritually diverse than ever before Examples from university classrooms and statements by students indicate benefits include increased self awareness creativity and compassion The religious studies scholars who have contributed to this book often teach about meditation but here they include reflections on how meditation has affected them and their teaching Until recently though even many religious studies professors would find sharing meditation experiences let alone teaching meditation techniques a breach of disciplinary and academic protocols The value of teaching meditation and teaching about meditation is discussed Ethical issues such as pluralism respect qualifications power and coercion and

avoiding actual or perceived proselytization are also examined While methods for religious studies are emphasized the book provides valuable guidance for all those interested in this endeavor *Meditation in Schools* Clive Erricker, Jane Erricker, 2005-10 This introduction to meditation in education is written as a resource for classroom teachers issues the relationship between meditation experiential learning a holistic approach to education growth **Meditation in Schools** Clive Erricker, Jane Erricker, 2001-03-01 This introduction to meditation in education is written as a resource for class teachers and educators as a practical guide Parents will also find it valuable though its main focus is in using meditation in schools The purpose of the book is to inspire and to provide concise practical and general information and techniques that can be considered and explored before introducing primary or secondary students to meditative experience Meditation in schools covers such topics as o information on schools where meditation is practiced and the perceived resultso issues and concerns involved with introducing meditation in schoolso the relationship between mediation and other relaxation quieting techniqueso experiential learning and a holistic approach to educationThis essential guide is written from the contributors personal and professional practice experience and emphasizes how meditation can contribute to the school environment and to the curriculum as well as developing the positive potential of students hearts and minds It includes a useful section on further reading *Meditation in the College Classroom* Steve Haberlin, 2022-11-08 This book provides background strategies and tips for higher education faculty and instructors interested in incorporating meditation in their classrooms The work is based on research involving introducing brief meditation practices to college students and developing a detailed guide Readers will learn how to develop their own meditation practice as an academic to set the stage of introducing practice to students to create ideal conditions for meditation in the classroom specific classroom friendly meditation methods ways to advance meditation practice with students and keep it interesting and how to spread the culture of meditation across campus A detailed script is provided *100 Ideas for Primary Teachers: Mindfulness in the Classroom* Tammie Prince, 2017-10-19 The development of mindfulness in the classroom arms children with life long skills that support their current and future mental health and well being However with an ever growing curriculum planning for yet another aspect within a school day can feel like an overwhelming task This book provides teachers with quick easy and simple ideas to support the development of mindfulness as an integrated part of the school day without compromising the everyday demands of the primary curriculum and the classroom 100 Ideas for Primary Teachers Mindfulness in the Classroom is filled with simple tried and tested activities that when used in conjunction with each other in everyday practice develop positive mental health skills for all children including those with ADHD and Autism Spectrum Disorders *Meditation in the Classroom* Maria Guadalupe Castaneda Tellez, 2017-08-02 A committed teacher promotes the conditions for the quality educational experience Aware of the nature of the student and the challenging conditions in which the session develops teachers must provide the keys to a successful class In the process of learning teachers must take into consideration the elements that are part of the educational

moment the type of student their emotional state and the effect all these aspects have in the learning process The human being has the ability to practice mastery of the mind for the purpose of diminishing or eliminating the torrent of negative distracting thoughts generators of stress and on the opposite promoting a peaceful state of mind in order to collaborate for his own benefit The moment a person experiences a situation the brain records that event to make sure it does not pose a danger or threat Therefore the brain constantly evaluates the environment in which finds itself and thus gives priority to situations that require imminent solution Thoughts that evoke a problematic situation generate the same physiological response of the brain to a threat even if the existence is in the mind of the person A quiet and safe environment is a positive factor for learning If the student feels confident and relaxed from his her daily stress he she tends to have a proactive attitude to take advantage of the educational experience Focus is the necessary constant in learning and by the practice of the same it is possible to enter into a receptive and stable state for the educational experience A helpful practice is known as meditation Meditation consists of generating a state of focus towards the particular intention for the purpose of physically and mentally experiencing the present moment and reassuring the mind of the stream of negative thoughts By introducing a simple meditation exercise at the beginning of the class the teacher prepares the students to be able to relax and improve the mental state for the use of the class With a practice of focusing and breathing the mind begins to train itself to choose at will the desired states for tranquility and stability When the student lives the educational experience in an integral way in the mind and senses therefore in the brain are the conditions that make up the adventure in knowledge

A Classroom in Balance Julie Strittmatter, 2021-03-31 Are you looking for curriculum for teaching mindfulness to children or teens This is the perfect curriculum for anyone looking to push pause in a busy world through the power of mindfulness A Classroom in Balance shares 100 scripted practices that can take place in ten minutes or less This book suits both experienced Mindfulness practitioners and novices as it provides an overview of Mindfulness while offering practical and purposeful ways to teach it to others Through exercises such as journaling meditation mindful movements and class discussions this book benefits both the facilitator and practitioner by tending to the physical mental and emotional well being of all who participate Although originally intended for secondary education classroom teachers these exercises are a wonderful additions to anywhere that teaching and learning take place This is an invaluable resource for teachers parents counselors youth group leaders and coaches alike Are you ready to create your own Classroom in Balance

Mindfulness in the Classroom Joshua C. Felver, Nirbhay N. Singh, 2020-09-01 Many kids need a little extra help staying focused in school and teachers are in need of evidence based resources to effectively limit disruption in the classroom In Mindfulness in the Classroom two experts in the field of mindfulness research child psychology and school psychology offer a proven effective mindfulness based intervention strategy Based on the authors popular Soles of the Feet program this book will help teachers reduce disruptive behavior in children and adolescents so everyone can get back to learning

Meditation in the English

Language Classroom Tjaša Pegan, 2016 The practical action research study in this diploma thesis Meditation in the English Language Classroom was performed as a mini experiment which was initially set up to explore meditation and assess its potential and use in education Regarding English as a foreign language language learning combined visual and auditory information and it was based on visual and verbal memory One of the objectives in the theoretical part was to find a universal formula which could help bring meditation closer to a classroom setting Among available techniques we chose mindfulness meditation for its simplicity In addition to having this exercise included in the lesson the participants received the element of visualisation which is often found in meditation traditions Guided visualisation or the so called guided mental imagery was presented as a vocabulary learning strategy in the form of multisensory interactive story including multiple intelligences and mindfulness aspects the pupils had to pay attention to what the teacher was saying They were supposed to self generate the pictures in their minds to repeat new vocabulary items or simply listen to the story with their eyes closed The main purpose of using mindfulness was to create a more harmonious classroom atmosphere and better concentration by helping the participants become more centred by directing their attention inwardly The main purpose of using visualisation was to remember words by giving them a mental image We presented lesson plans from the study performed by two volunteering teachers In total 8 classes with 114 pupils were included in this mini research Results are not so clear cut and promising mainly due to limitations Teachers need more training better school organisation and curriculum for the practices to be seriously implemented in education

The Mind and Teachers in the Classroom Remy Y. S Low, 2022-06-16 This book explores what mindfulness could mean for teachers and educational researchers Moving beyond popular platitudes about mindfulness the author provides a conceptual map for understanding the different ways in which mindfulness can be recommended to teachers Covering the key features of Buddhist psychological and socially engaged forms of mindfulness this book critically examines the different ways mindfulness is defined what problems it is meant to address and the ways that claims about mindfulness are made It argues that each approach to mindfulness implies an ideal of what a good teacher should be It will be of interest and value to teacher educators educational researchers and scholars of mindfulness within education

Mindfulness and Business Education Christine Rivers, 2024-11-25 Mindfulness and Business Education Developing self aware future leaders is a practical guide for educators and academics with teaching responsibilities in business schools or colleges Business schools have a responsibility to equip future leaders with the right knowledge and the right skills to make the right decisions particularly in times of volatility uncertainty complexity and ambiguity This responsibility can only be met if business schools change the way they teach and develop self aware future leaders who are grounded in the foundations of mindfulness The book is divided into three parts Why What and How Part One Why introduces the foundations of mindfulness draws on the history of business school development and discusses leadership approaches presently taught in business schools Part Two What discusses ways of measuring mindfulness the need for training business

educators as mindfulness facilitators and the contextualisation of mindfulness in contemporary business topics such as wellbeing sustainability diversity and artificial intelligence Part Three How provides case studies and scripted resources for immediate use and implementation in extracurricular or co curricular activities to design mindfulness based modules and courses to introduce mindfulness coaching as part of pastoral care and staff development and to develop mindfulness driven business education strategies This is an ideal book for those in business education looking to use mindfulness to develop future managers and leaders

A Cluster Randomized Trial of Classroom-based Mindfulness Meditation Nathaniel Lepp, Brown University. Division of Biology and Medicine, 2009

Secrets of Meditation Davidji, 2012-09-04 For thousands of years people have tried to tap into the stillness and silence that rests within to discover their deeper selves In *Secrets of Meditation* Davidji takes you there demystifying the practice along the way and guiding you on an epic journey into your own consciousness Whether you are new to meditation a crisis meditator or someone who has been meditating for years this book will take your practice and your life to the next level In this insightful book Davidji shares his own journey along his path to awakening and examines the positive impact that meditation can have on your physical health relationships emotional well being and spiritual life As the secrets to an effortless meditation practice are revealed you will unlock the door to your own personal journey and discover what is actually supposed to happen when you close your eyes Davidji shares the wisdom of the ages in an accessible and entertaining style loosening rigid commandments revealing the five greatest myths of meditation and illuminating the most powerful rituals to weave a regular practice into your day *Secrets of Meditation* will have you meditating in minutes and living a happier easier and more fulfilling life

Mindful Teaching and Teaching Mindfulness Deborah Schoeberlein, Suki Sheth, 2011-01-19 Mindfulness has gone mainstream and author Deborah Schoeberlein pioneers its practical application in education By showing teachers how to tune into what's happening inside and around them she offers fresh straightforward approaches to training attention and generating caring both in and outside of the classroom *Mindful Teaching and Teaching Mindfulness* emphasizes how the teacher's personal familiarity with mindfulness plants the seed for an education infused with attention awareness kindness empathy compassion and gratitude The book follows a teacher from morning to night on a typical school day at home during the commute and before during and after class This book is perfect for teachers of all kinds schoolteachers religious educators coaches parents anyone who teaches anything

Mindfulness for Teachers Patricia A. Jennings, 2015-02-16 Mindful awareness practices to help teachers recognize and regulate emotional reactivity in their classrooms Teaching is one of the most rewarding professions but also one of the most demanding This book offers simple ready to use and evidence proven mindfulness techniques to help educators manage the stresses of the classroom cultivate an exceptional learning environment and revitalize both their teaching and their students knowledge acquisition Drawing on basic and applied research in the fields of neuroscience psychology and education as well as the author's extensive experience as a mindfulness practitioner teacher and scientist it includes exercises in mindfulness

emotional awareness movement listening and more all with real time classroom applications *Calming Student Stress* Steve Haberlin, 2024-12-15 Research shows that a highly stressed brain does not absorb or remember information causing learning to essentially shut down Today's students are more stressed and anxious than ever and classrooms have become tense places Educators require knowledge and skills to facilitate and teach students stress management techniques and find creative ways to embed them in the classroom culture and daily routines Calming Student Stress is a synthesis of empirical based mind body practices that have been shown to reduce stress and anxiety help students remain centered and focused and connect with the learning and each other Various methods techniques and strategies that draw from mindfulness yoga tai chi breathwork and visualization are clearly defined situated within current research and geared towards both elementary and secondary students Suggestions on how to introduce mind body practices to students as well as administrators and parents are also provided within this helpful guide *Mindfulness for Teachers* Patricia A Jennings, Med Phd, 2015-02-24 Mindful awareness practices to help teachers recognize and regulate emotional reactivity in their classrooms Teaching is one of the most rewarding professions but also one of the most demanding This book offers simple ready to use and evidence proven mindfulness techniques to help educators manage the stresses of the classroom cultivate an exceptional learning environment and revitalize both their teaching and their students knowledge acquisition Drawing on basic and applied research in the fields of neuroscience psychology and education as well as the author's extensive experience as a mindfulness practitioner teacher and scientist it includes exercises in mindfulness emotional awareness movement listening and more all with real time classroom applications **Meditating with Children** Deborah Rozman, 1994 Used as a mainstream classic by parents and educators to help children focus and concentrate Packed with meditations and energy activities for various age groups with easy format for implementation Fun simple activities for gaining skills in calming energy self discipline listening and observing for enhanced learning Fundamental skills for developing emotional balance and resilience

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