



An Introduction to Mindfulness

Educating and Empowering Families

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- * 25 years teaching experience
- * St. Anne's-Belfield School Classroom Teacher
- * Responsive Classroom Teacher Leader
- * Mindful Schools Training and Certification
- * A Place to Breathe - Yoga and Meditation Studio



“What is Mindfulness?”

Mindfulness is paying attention,
on purpose,
to what is happening right now,
without judgment.

30 Years of Research

Benefits Shown in Adults:

- * Less stress
- * Ability to relax
- * Reduced pain
- * Greater energy
- * Improved self-esteem

(Center for Mindfulness, University of Massachusetts - Used and adapted with permission from Mindful Schools Resources, 2011)

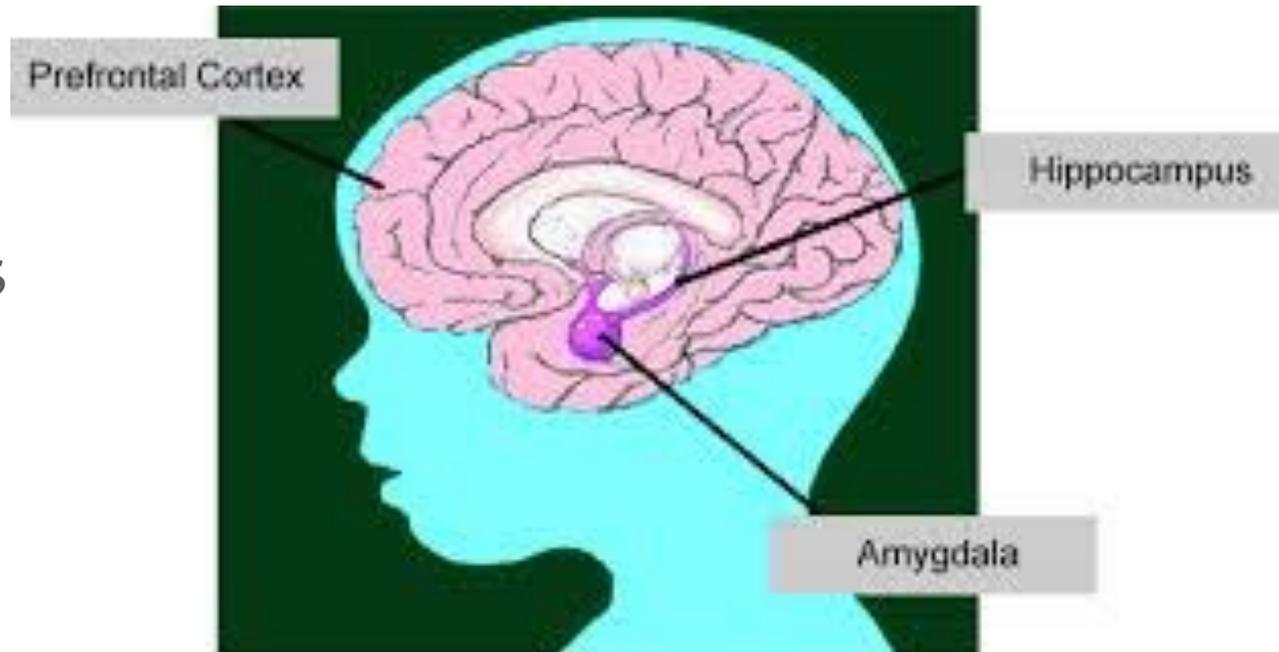
Neuroscience

Significant impact of Mindfulness on 3 areas of the brain:

* The Prefrontal Cortex

* The Amygdala

* The Hippocampus



Benefits shown in Adolescents:

- * 80% reversal in symptoms of:
depression, anxiety, anorexia, bulimia and
cutting
- * Significant impact on depression, stress and
well-being
- * Attention and behavior problems reduced
- * Executive functioning improved

(Gina Biegel, Kaiser Permanente Hospital Conglomeration
Great Britain British Journal of Psychiatry – 2013
Journal of Child & Family Studies 2012)



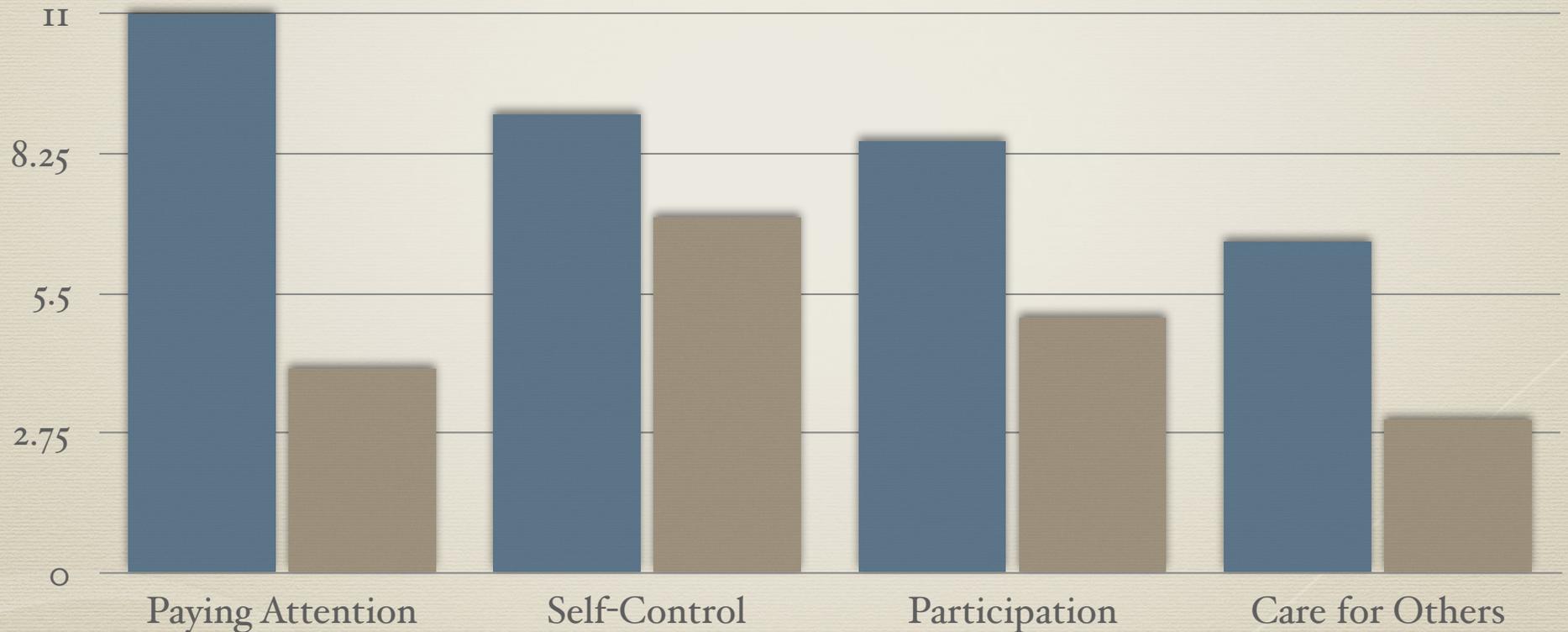
Benefits shown in children

Mindful Schools' Controlled Study (2011-2012)

Significant impact found on:

- * Paying attention
- * Calmness and Self-Control
- * Self-Care/Participation
- * Care and Respect for Others

Behavioral Rubric
% Improvement (Pre to Post)
Treatment vs. Control



(Used and adapted with permission from Mindful Schools Resources, 2011)

In the news these days...

How Mindfulness Could Help Teachers and Students - The Atlantic

10/11/15, 2:37 PM



When I the Cla Can 'Mindfulness' Help Students Do Better in School?

Many educators ar means of improvin Advocates say the meditation technique raises focus and lowers stress. Critics see religion in disguise.

Integrating Mindfu

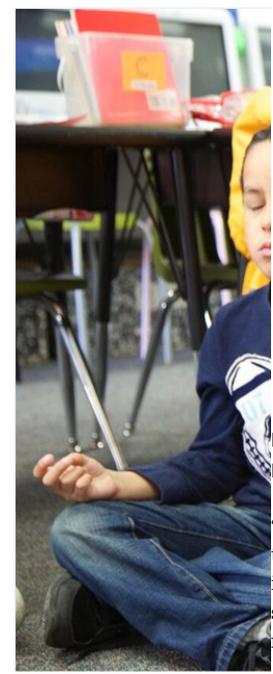
By [Jill Berkowicz](#) and [Ann Myers](#) on July 23, 20

We welcome today's guest blogger, [Matthew Bro](#)

Why Mindfulness?

Fifteen years ago, the word 'mindfulness' was alr small group of educators and researchers envision the well-being of teachers and their students. Fast of interest in integrating mindfulness into educati Schools, has trained thousands of educators across the teachers we've trained have shared mindfule

The prac —is inf And st caters to every education?



Danielle Mahoney, a literacy coach, leads a mindfulness session at a public school in Jackson Heights, N.Y. PHOTO: KEITH BEDFORD FOR THE WALL STREET JOURNAL

By **EMILY HOLLAND**
Feb. 16, 2015 11:00 p.m. ET

"Mindfulness" has gotten a lot of buzz recently, with everyone from tech executives to professional athletes to lawmakers saying they use it to combat stress, stay balanced and perform better on the job. Now some educators and psychologists think schoolchildren could benefit from the practice, too.

LAUREN CASSANI DAVIS Mindfulness is a form of meditation rooted in spiritual teaching in which people focus their full attention on the present moment. They acknowledge what they are feeling and experiencing—and accept it

Mindfulness Techniques

Preschool
Concentration Activity and Mindful Listening





1st Grade Students
* Focused Breathing *



Adolescent Mental Body Scan

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Questions and Comments?



Thank you