

# The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students

## Contents

### **PART I: Beginning with Ourselves**

Walking the Mindful Talk

The Mindfulness Literacies

Inner Assessment Worksheet

Setting Up a Successful Mindfulness Practice

Setting Up a Mindfulness Practice Worksheet

Mindfulness Recommendations from Teachers

The Art of Introspection

Becoming Our Own Teachers Worksheet

### **PART II: Introducing Mindfulness: Resources and Recommendations**

Mindful Teaching Tools

Engaging Our Audience

Nurturing a Mindful Classroom

Mindful Classroom Worksheet

A Developmental Mindfulness Model

Developmental Mindfulness Worksheet

Diversity and Questioning Assumptions

Trauma-Informed Teaching

Trauma-Informed Teaching Worksheet

### **PART III: Mindfulness Lessons for Students: Classroom Activities, Practices, and Techniques**

Mindful Learning Objectives

Mindfulness Lesson Layout

Introducing Mindfulness to Students

The Five Realms of Mindful Literacy

Mindful Reflection Worksheet

Physical Literacy Lessons

Shake It Off

Language of Sensations

Playing Mindfulness

Deep Relaxation

Slow-Motion Mindfulness

Mental Literacy Lessons

Anchor Breathing

Mindful Seeing

Mindful Listening

Popcorn Thoughts

The Distraction Game

Emotional Literacy Lessons

Heartful Phrases

Roots of Emotions

Difficult Emotions

Generating Gratitude

Positive Qualities

Social Literacy Lessons

Just Like Me

Flow and Tell

Rose and Thorn

Questioning Assumptions

Mindful Engagement

Global Literacy Lessons

Mindful Eating

Mindful Spaces

Natural World

Know Your World

Life Cycle Assessment

Integration Practices

Weather Report

Stress Check

Mindful Test Prep

Who's Driving?

Who Wants to Lead a Lesson?

**PART IV: Recommendations for Integration**

A Day in the Life of a Mindful Class

Mindful Education Lesson Worksheet

Introducing Mindfulness to Our Communities

Insights and Recommendations from Mindful Education Leaders

Making the Case for Mindfulness Worksheet

Summing Up