

Wellness Wednesday

February 19, 2020

Happy Wednesday Everyone!

This week, we're going to look at ways to share the third component of self-compassion, mindfulness, with our students. Many people think of mindfulness and meditation as the same thing but that isn't accurate. Meditation is a form of practicing mindfulness but mindfulness can be practiced and enjoyed during any activity. It simply means to be present, free of judgment, and aware of our own senses. A great place for students to practice mindfulness is right in their seat in your classroom.

I am convinced mindfulness is one of the most powerful tools we can give our students. If you aren't convinced, watch this TED Talk...you will be. And, even if you agree with me, watch it anyway because it's empowering!

<https://youtu.be/-yJPcdiLEkI>



### Why Aren't We Teaching You Mindfulness | AnneMarie Rossi | TEDxYouth@MileHigh

In this powerful talk, an instructor bringing mindfulness to shelters shares her research into how mindfulness can set us up for success and break cycles of ...

youtu.be

Ready to bring mindfulness to your classroom?

Here are some more resources:

This talk will teach you some basic mindfulness skills and how to share them with students.

[https://youtu.be/6mlk6xD\\_xAQ](https://youtu.be/6mlk6xD_xAQ)



### Mindfulness in Schools: Richard Burnett at TEDxWhitechapel

Stop. Breathe. Pay attention. "Our mental health and well-being are profoundly affected by where and how we place our attention". In this enlightening talk, ...

youtu.be

I love the resources from [positivepsychology.com](https://positivepsychology.com). This article has some great tips on implementing mindfulness with your students.

<https://positivepsychology.com/mindfulness-education/>



## Mindfulness in Education: 31+ Ways of Teaching Mindfulness in Schools

A Take Home Message. I hope this piece has sparked your interest in learning more about incorporating mindfulness in education, or—better yet—sparked your interest in actually doing it!

[positivepsychology.com](https://positivepsychology.com)

There are thousands of resources out there and I would be happy to help you find the tools you need if you want to incorporate mindfulness to any part of your classroom experience. Have a great day!