

Ask Me Anything: Mindfulness in the CLASSroom

Erin Kester and Mamie Morrow
May 2018

Housekeeping

- Please use the chat box to comment and ask questions at any time!
- The session will be recorded and shared after the event ends

Agenda

1. Welcome and Introductions
2. Using Mindfulness to support teaching and coaching
3. Ask Us Anything!
4. Conclusion

Introductions

Erin Kester

- 14 years in early childhood education as teacher, director, coach, and more
- Training and consulting full-time since 2014
- Passionate about the benefits mindfulness can have for reducing teacher burnout and anxiety
- Website:

www.EnlighteningEducators.com





Mamie Morrow

- CLASS Specialist
- At Teachstone since 2013
- Experienced early childhood and elementary teacher
- Has worked with children in New Mexico, Germany, Guam, Alaska, Japan, Washington DC, and Florida



What is mindfulness?

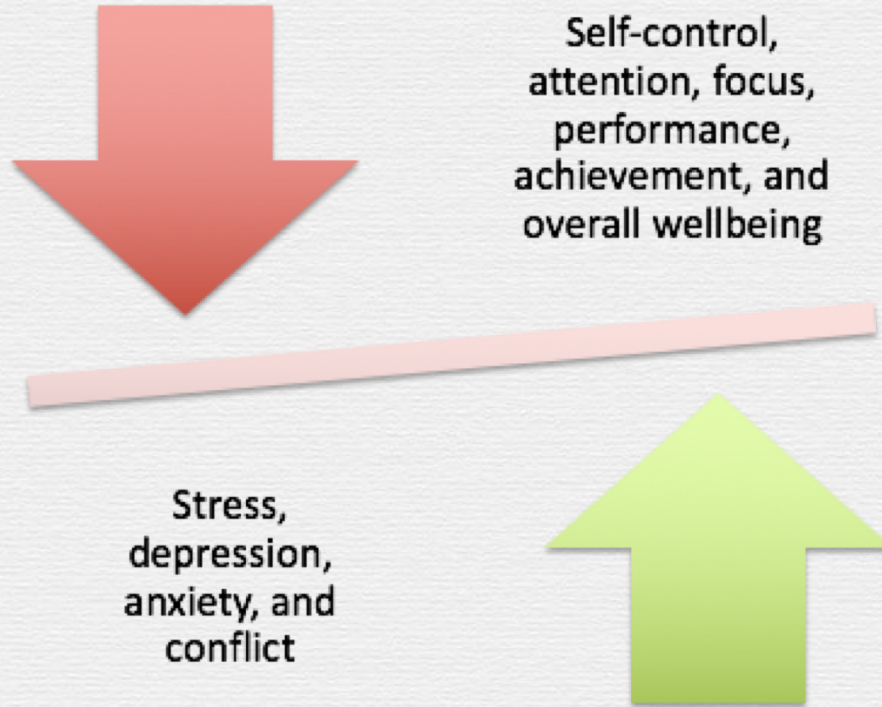
And what is it not?

“Mindfulness enables us to be more responsive and less reactive.”

-Meena Srinivasan

(Author, *Teach, Breathe, Learn: Mindfulness In and Out of the Classroom*)

Benefits of a Mindfulness Practice



Source: <https://www.mindful.org/mindfulness-in-education/>

Beginning a Mindfulness Practice

- Focused breathing
- Bring awareness to the body and mind
- Use anchor words to help you focus



Mindfulness and Emotional Support

Mindfulness and Classroom Organization

Mindfulness and Instructional Support

Submitted questions

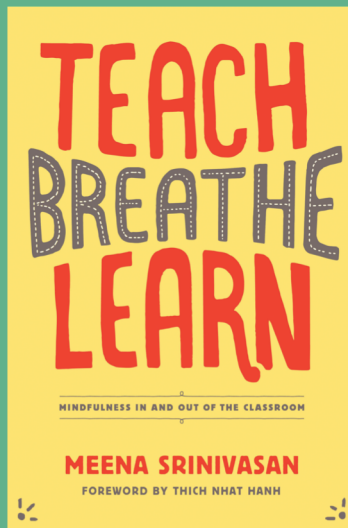
My teachers already have so little time to plan, collaborate, or even use the restroom, how do I present this as something they have time for?

How can mindfulness practices be
incorporated into the Second Step Program?

What are some simple techniques I can use with my pre-k students?

I'd love to bring mindfulness practice to my teachers. I can see buy in being an issue, like it's just one more thing. How do I convince them this could improve their teaching experience, or at least their CLASS scores?

What books or resources do you recommend for beginners who want to learn more?



Ask Us Anything!

CLASS Learning Community

Additional Questions? Ask in the CLC!



Thank You
and
Stay CLASSy!