

MINDFULNESS IN THE CLASSROOM

Notes from the AMA: Mindfulness in the CLASSroom
with Erin Kester and Mamie Morrow



What is Mindfulness?

Training our mind to focus on the moment and keep our focus where we want it to be.
The moment is not good or bad, it just is.
Be responsive, ask questions, dig in deeper, and control where our focus goes.
Learning how to not be reactive or go on auto-pilot.

How do I begin?

Begin with focused breathing.
Use a body-scan to bring awareness to the body and mind, and use anchor words to help focus.

What are the benefits?

Mindfulness helps decrease stress, anxiety, conflict.
It can increase self-control, focus, and overall well-being.

How does Mindfulness support CLASS?

CLASS is a tool that requires us to be incredibly aware and responsive to what's going.
Mindfulness allows us to be in the moment and trust the process.
Think of the work as a marathon and not a sprint.
Mindfulness can help you to feel calm and safe in a moment when you're trying something new to support the growth and development of your students or as a coach.