



## Mindful Education for Teachers Agenda

### I. Welcome, Introductions

- Introductions
- Agenda review
- Invitations and Agreements

### II. What is Mindfulness?

- What mindfulness is
- What mindfulness isn't
- Paying attention on purpose without judgment
  - Of our five senses
  - Of our thoughts and emotions
- The mindful pause - create space and replace impulsive reactions with thoughtful responses
- Formal vs. Informal - Why do we meditate?
- Why do we teach mindfulness?

### III. Research and Neuroscience

- Benefits for educators
  - Reduced stress and burnout
  - Greater success in doing their jobs
  - More emotionally supportive and better organized classrooms
- Benefits for students
  - Improved attention and executive function
  - Greater social and emotional skills, including emotion regulation, behavior in school, and empathy
  - Enhanced well-being, including lower test anxiety, stress, post-traumatic symptoms and depression
- The Mindful Brain
  - Role of Prefrontal Cortex
  - Amygdala
  - Hippocampus

### IV. Mindfulness in Education

- How do we bring mindfulness to our schools?
- State of Ohio and Mindfulness Education
  - 2019-2024 Strategic Plan for Education
  - PBIS (Positive Behavioral Interventions & Supports)
- What is Social Emotional Learning?
- Integrating Mindfulness & Social Emotional Learning

### V. Resources

- Personal practice apps
- Social Media

## **VI. Closing, Reflection, Questions**

- Evaluations
- Questions