

Activity: Mindfulness as a way of knowing

Key points from reading

- The focus in the first article is to use mindfulness to encourage concentration throughout the day - particularly at the beginning of class and in the afternoon.
- There are different methods to practice mindfulness in the classroom with varying outcomes, such as stress relief, lessons on empathy, how to control emotions etc.
- Studies show that there are concrete examples of improved classroom behaviour after practicing mindfulness.
- Practicing mindfulness creates a 'socially equal' atmosphere in the classroom, bridging the gap between students with language barriers, home difficulties etc.
- Practicing mindfulness is not just beneficial for students, studies show teachers who practice mindfulness significantly lower their burnout rate.

Activity that draws on mindfulness as a way of knowing

Describe in step-by-step fashion an activity that you could use in your teaching and that draws on mindfulness as a way of knowing. Create this with enough detail so that another teacher candidate could apply the activity were they to find this resource on the internet.

Integrating Tai Chi in the classroom -

Tai Chi is a traditional mind/body practice that can be integrated in multiple ways in the classroom as part of a mindfulness practice - DPA, Physical Education, Science

We suggest finding a YouTube or other video to demonstrate a Tai Chi practice with your students - this would be a great DPA activity when conditions would not permit students to go outside. The mindfulness that is naturally interconnected with Tai Chi would further benefit antsy students from being inside all day and help with their concentration for the rest of the day.

Further, we suggest that the practice of Tai Chi could be integrated cross-curricularly, particularly in the Grade 6 Science curriculum regarding learning about the human body and its systems. Tai Chi is rooted in a mind-body connection and we think this would be a neat way to integrate mindfulness in a typically otherwise heavily academic subject area.

Ajouts/Questions:

- Mindfulness to combat teacher burnout
- Who would lead this meditation, breathing exercises?

- FPPL?

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