

Classroom Management Strategy: **Mindfulness**

Article: [Research on Mindfulness in Schools](#) from Mindful Schools

Videos: [Let's Create Mindful Schools](#) and [Mindfulness in Schools](#)



Research Supports Yoga & Mindfulness in Schools

There's been a lot of interest in recent years about the potential benefits of implementing yoga and mindfulness in schools. While research on school-based yoga and mindfulness is in its early stages, the initial results are promising.

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Mental Health and Resilience

Reduces anxiety,¹ problematic stress responses² and depression.³ Improves resilience⁴ and coping frequency.⁵



¹ Noggle (2012) ² Sibinga (2015) ³ White (2012)
⁴ Mendelson (2010) ⁵ Jackson (2018)

Social-Emotional Skills

Improves social-emotional outcomes* such as self-regulation⁷ and social skills.⁸ Reduces problem behaviors such as suspensions and disciplinary referrals,⁹ bullying¹⁰ and hostility.¹¹



⁷ Maynard (2017) ⁸ Flaherty (2018) ⁹ Centello (2017)
¹⁰ Razza (2019) ¹¹ Bakshi (2015) ¹² Frank (2014)

Physical Health

Increases physical well-being¹² and physical fitness¹³ as well as flexibility, balance and strength.¹⁴



¹² Chen (2014) ¹³ Purohit (2018) ¹⁴ Follett (2018)

School /Classroom Climate

Cultivates positive climates by fostering beneficial mental, social-emotional, academic and physical outcomes for educators and students.^{22, 23, 24}



²² Roser (2012) ²³ Warner (2014) ²⁴ Kelly (2017)

Academic Performance

Enhances focus and attention^{15,16} and supports positive academic outcomes such as improving grades^{9,17} and test scores,¹⁸ and preventing declines in Grade Point Average (GPA).¹⁹



¹⁵ Bakshi (2015) ¹⁶ Tarrach (2018) ¹⁷ Bellinger (2015)
¹⁸ Mak (2018) ¹⁹ Bennett (2018) ²⁰ Butler (2019)

Teacher Well-Being

Educators who participate in yoga-and-mindfulness-based training experience improvements in mood, classroom management, physical symptoms, blood pressure and cortisol awakening response²⁰ as well as teaching efficacy, well-being, stress reduction and burnout prevention.²¹



²⁰ Harris (2018) ²¹ Jennings (2013)

For more, visit www.yoga4classrooms.com to download the free *Research Repository: Yoga, Meditation and Mindfulness for Children, Adolescents and In Schools*, sponsored by Yoga 4 Classrooms®/ChildLight Yoga®



