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Autore	Srinivasan Meena
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Descrizione fisica	1 online resource (153 pages)
Disciplina	370.15/23
Soggetti	Attention - Study and teaching Awareness - Study and teaching Emotions and cognition Learning, Psychology of Mindfulness-based cognitive therapy Electronic books.
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Part I: Practicing Mindfulness -- 1: What is Mindfulness? -- 2: Every Breath Counts -- 3: Every Step Counts -- 4: Deep Relaxation -- 5: Mindful Eating -- 6: Everyday Activities -- 7: Watering Helpful Seeds -- Part II: Sharing Mindfulness -- 8: Leading with Love -- 9: Seeing Others as Yourself -- 10: The Strategies You Already Have -- 11: Gratitude and Interbeing -- 12: Starting a Mindful Practice Group -- Part III: Mindfulness as a Learned Skill: A Curriculum for Mindful Educators -- 13: Mindfulness Lessons -- 14: Lesson One: Being Present Through Breath Awareness -- 15: Lesson Two: Being Present Through Body Awareness -- 16: Lesson Three: Interconnection, Kindness, And Gratitude -- 17: Lesson Four: Working With Emotions And Watering Helpful Seeds -- 18: Lesson Five: Mindful Speech And Making Healthy Decisions -- 19: Lesson Six: Using Technology Mindfully -- 20: Lesson Seven: Peace -- 21: Lesson Eight: Final Reflections -- Appendix: Mindfulness as a Learned Skill Curriculum: Handouts and Homework.
Sommario/riassunto	In Teach, Breathe, Learn, Meena Srinivasan highlights how mindfulness can be an effective tool in the classroom. What makes this book truly

unique is her perspective as a classroom teacher, wrestling daily with the conditions about which she writes. "Teach, Breathe, Learn provides accessible, practical application of mindfulness to overcome challenges faced during the school day." Testimonials from students and colleagues are woven throughout the book. Teach, Breathe, Learn is designed for educators at all levels, parents interested in sharing mindfulness with their children, and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others. Part 1 helps teachers develop compassion and shift from "reacting" to "responding" to demands. Part 2 offers techniques for cultivating loving-kindness, gratitude and seeing students, colleagues, and parents as oneself. The last section of the book introduces a curriculum teachers can use to incorporate mindfulness into their classroom, replete with lesson plans, handouts, and homework assignments.
