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Titolo	Cultivating mindfulness in the classroom // Jeanie M. Iberlin with Mike Ruyle ; foreward by Robert J. Marzano
Pubbl/distr/stampa	Bloomington, Indiana : , : Solution Tree, , [2017] 2017
ISBN	1-943360-10-3
Descrizione fisica	1 online resource (xvi, 129 pages) : illustrations
Collana	The classroom strategies series
Disciplina	158.7/2 371.1
Soggetti	Classroom environment Students - Psychology Mindfulness (Psychology) Teachers - Job stress
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	ch. 1. Research and theory -- ch. 2. Stress reduction -- ch. 3. Attention -- ch. 4. Emotional control -- ch. 5. Positive self-concept -- ch. 6. Positive interactions -- ch. 7. Steps for implementing mindfulness in your classroom or school.
Sommario/riassunto	This book shares practical tools that align to the five key categories of mindfulness benefits--stress reduction, attention, emotional control, positive self-concept, and positive interactions--and offer a step-by-step process for establishing a formal school or classroom mindfulness program.