

Mindful Education for Teachers



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Today we will explore the questions:

- **What?** What is mindfulness?
- **Why?** The brain research and embodied experience.
- **How?** Mindful education is the missing link in SEL.



- 15 years as a public K-12 art educator.
- Masters Degree from Kent State University.
- Certified Yoga Teacher 2012. Certified Mindful Schools Instructor 2015.
- Published in Visual Arts Research and Stanford University online performance based assessment database
- Exhibited artist.
- Awards include 2019 Outstanding Art Educator NE from OAEA, 2009 Carrie Nordlund Award from the Women's Caucus of the NAEA.



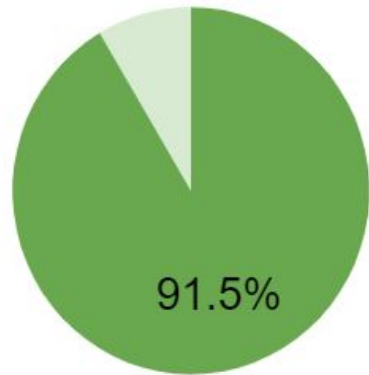
Caryl's Background



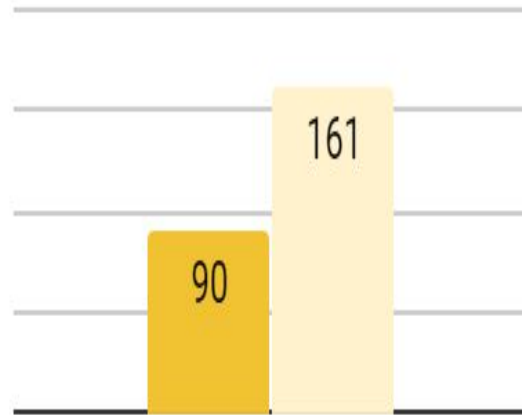
Mind Body Align Awareness Program



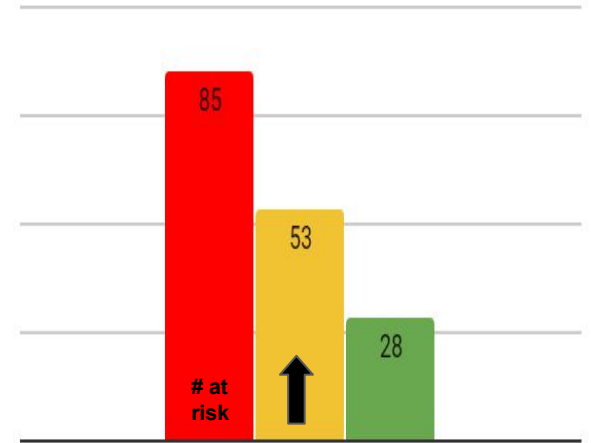
Students who found
MBAwareness helpful



Improvements in PEER RELATIONSHIPS



Students at risk PEER RELATIONSHIPS

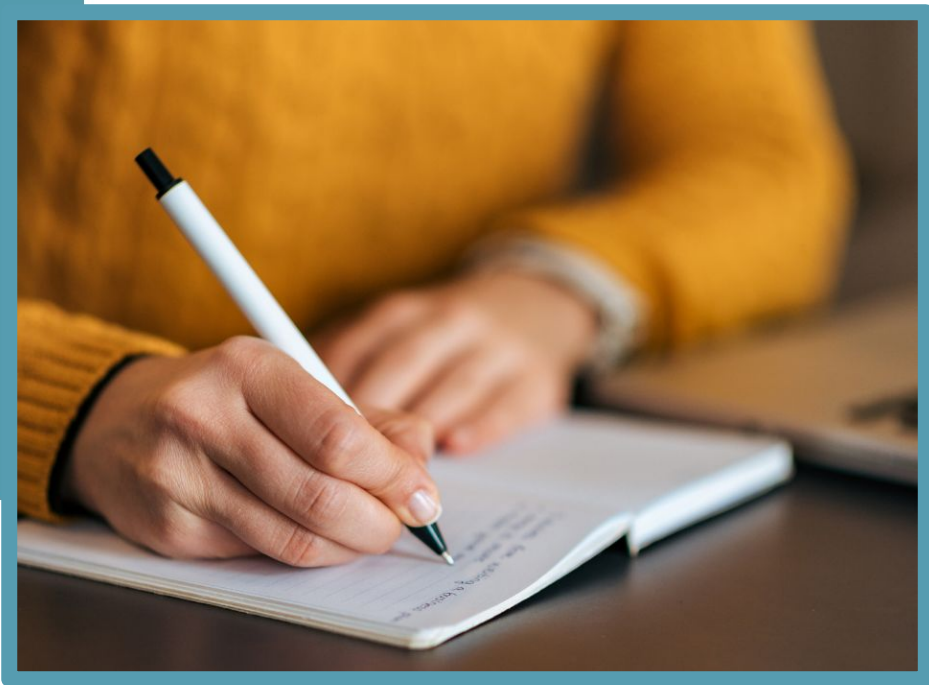


Invitations

I invite you to:

- Take care of yourself
- Engage with the material
- Take risks / Try it out
- Be a vulnerable learner

Setting an Intention



What do you want to feel like, experience, or embody?



Mindfulness

What it is and what it is not

What is Mindfulness?

- **Paying attention** to what is happening right now.
- Noticing your body and what you **see, hear, smell, touch and taste.**
- Awareness of your **thoughts and emotions.**

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.

*-Jon Kabat-Zinn, author *Wherever You Go, There You Are**

Mindfulness IS

- Paying attention on purpose.
- A formal and informal practice.
- Evidence based.
- Regulatory tool of emotions.

Mindfulness IS NOT

- A silver bullet.
- Discipline or a control mechanism.
- Meditation only.
- Something that makes you happy or calm.

Making & Enjoying Your Breath Beads



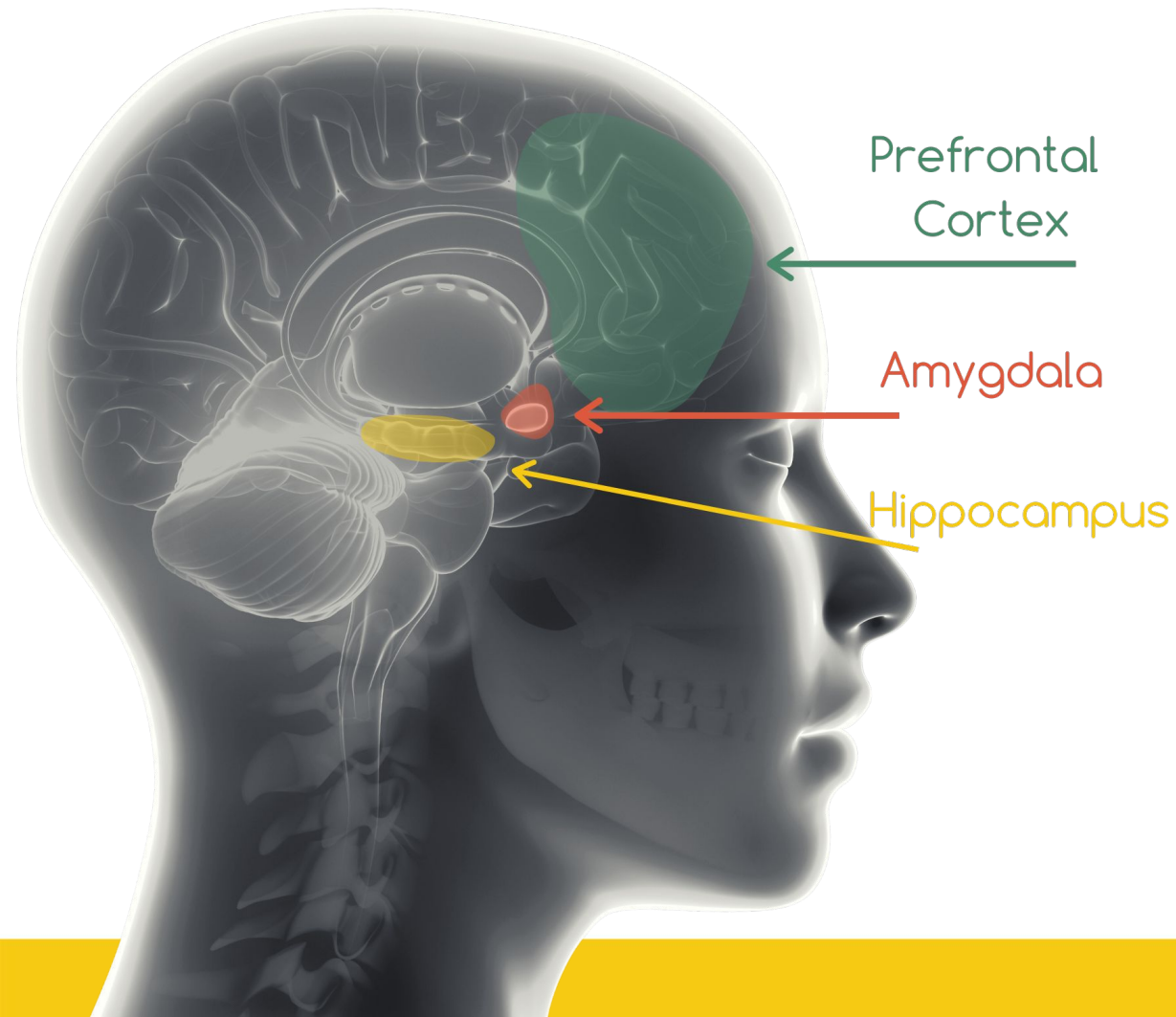
To Make:

- Tie one bead to the end of the ribbon
- Add beads in any pattern you like
- Tie your last bead to the other end of the ribbon

To Enjoy:

- Start with all beads at one end of the ribbon
- As you inhale, move the first bead slowly to the other end
- As you exhale, slide your fingers down the ribbon to get the next bead
- Continue this way until you feel calm & steady

Neuroscience and Research



Prefrontal
Cortex

Amygdala

Hippocampus

Prefrontal Cortex -

wise leader,
quarterback,
executive

Amygdala -

security guard,
blocker,
flight/fight/freeze

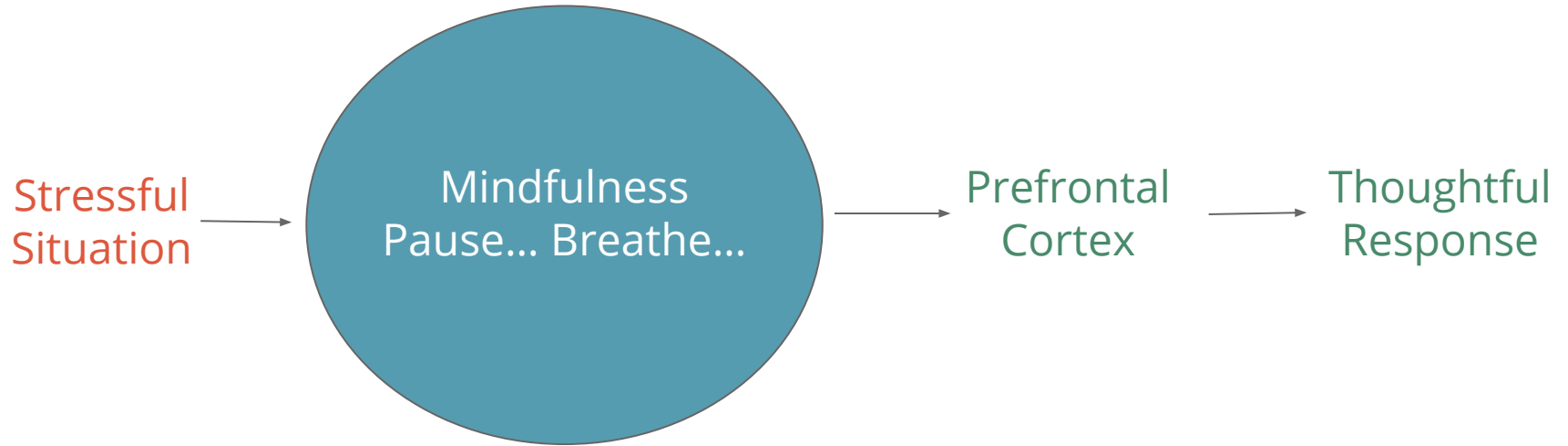
Hippocampus -

memory keeper,
coach, learn and
remember

Stressful
Situation



Automatic Reaction
(Fight/Flight/FREEZE)



MINDFULNESS HELPS TO CREATE SPACE
AND REPLACE IMPULSIVE REACTIONS
WITH THOUGHTFUL RESPONSES

WITHOUT MINDFULNESS STIMULUS  REACTION

WITH MINDFULNESS STIMULUS  MINDFULNESS  RESPONSE

Making & Enjoying Your Mind Jar

To Make:

- Fill the jar $\frac{3}{4}$ full w/ water
- Add the glitter
- Fill the rest of the jar with dish soap
- Lock your lid in place with glue or cement



To enjoy:

- Shake the jar & set upright
- Breathe slowly while watching the glitter settle
- Repeat if desired

2019 - 2024 Ohio's Strategic Plan for Education

Positive Behavior Interventions and Supports (PBIS)

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Until We Meet Again

Notice a few breaths whenever you remember. See if you can remember even one time.