



Mindful Education

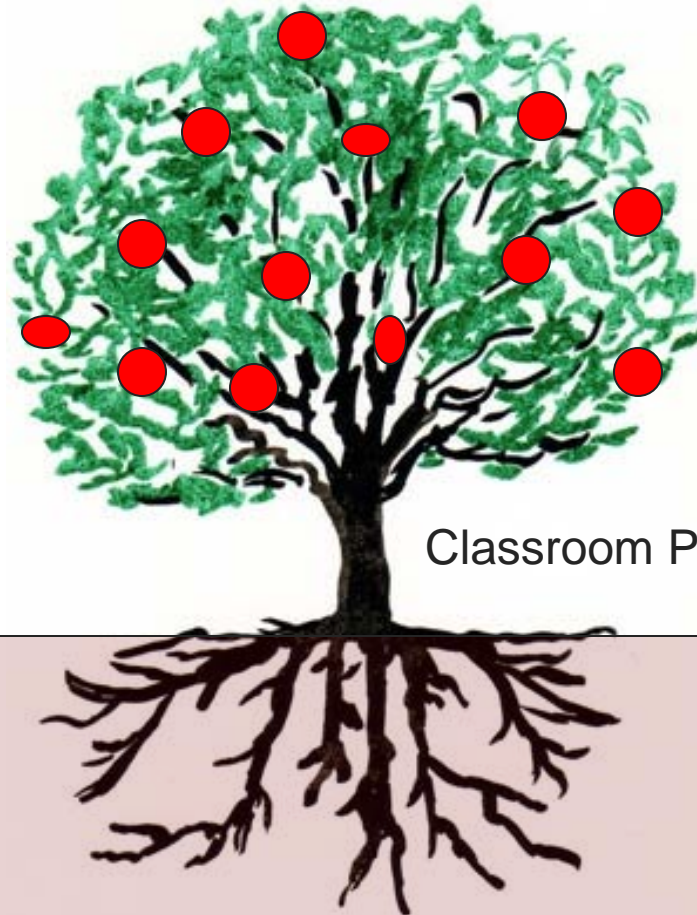
Rona Wilensky

Rona.Wilensky@gmail.com

303-929-2387

[The Teaching Tree]

Technique



Curricula

Classroom Presence

Inner Resources

What is Mindfulness?

- Non-judgmental awareness of our moment-to-moment experience
- Knowing what you are doing when you are doing it
- Paying attention to what is happening while it is happening
- Synchronizing mind and body in the moment.
- Intentionally paying attention to the present moment without being pulled into the mind's usual elaborations of judgment, internal dialog and the emotional reactions such elaborations can trigger.
- Being with the experience of the moment with gentle compassion and a strong disciplined intention to simply stay present with whatever is happening in the moment, allowing space for the experience to rise and fall away without adding anything.

[What are the benefits of mindfulness strategies?]

■ Personal

- Stress reduction
- Self awareness
- Emotional regulation
- Greater cognitive flexibility and creativity
- Greater attentional focus
- Increased empathy for others and self compassion

What are the benefits of mindfulness strategies?

- **Professional – Mindful teaching**
 - Listening with full attention to children and colleagues
 - Present centered awareness of emotions experienced by self and students or colleagues during interactions
 - Openness and non-judgmental acceptance of and receptivity to students' thoughts and emotions
 - Self regulation in teaching – low reactivity and low automaticity in reaction to student behavior
 - Compassion for self and students
 - Awareness of teachable moments
 - With-it-ness

[Components that we experienced today]

- Mindful eating
- Body scan
- Breath Awareness
- Pause practice