Mindfulness in the Classroom and Beyond

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Course Objective

Cultivate Mindfulness
We Aspire to provide... 

1) Inspiration 
2) Mindfulness topics 
3) Practical strategies (practice) 
4) Resources
just breathe
“If it is out of your hands, it deserves freedom from your mind too”.

~Ivan Nuru~
Mindfulness means paying attention in a particular way, on purpose, in the present moment non-judgmentally.

Jon Kabat-Zinn
Mindfulness Terminology

**Meditation** - In the moment

**Intention** - Plan

**Affirmation** - Positive self-talk

**Breathing Space** - Attention to the inhale and exhale
Mindfulness

Definition

Mindfulness is paying attention, on purpose, in the present, and non-judgmentally, to the unfolding of experience moment by moment — Jon Kabat-Zinn.

Mindfulness attitudes:

» Patience
» Nurturing trust
» Non-striving
» Acceptance
» Letting go

What occupies your attention?

» The present moment
» Zoning out
» Distractions and “multi-tasking”
» Thinking about the future
» Thinking about the past
Tai Chi

The essential principles include mind integrated with the body; control of movements and breathing; generating internal energy, and mindfulness.
Tai Chi Terminology

A Chinese Internal Art form that focuses on the following:

- Breathing
- Internal energy development
- Intentionality
- Spiritual enlightenment
- Stress reduction
Practice

Belly Breathing
Mindfulness/Tai Chi Improves...

• Executive functioning skills
• Enhances working memory
• Social emotional development
• Reduces stress
• Builds a positive classroom culture
• Creates trusting adult relationships
• Develop a belief
• Create a plan
• Be consistent and confident
• Be intentional
• Practice often and reflect

Establishing a Mindfulness Practice
Resources-Links