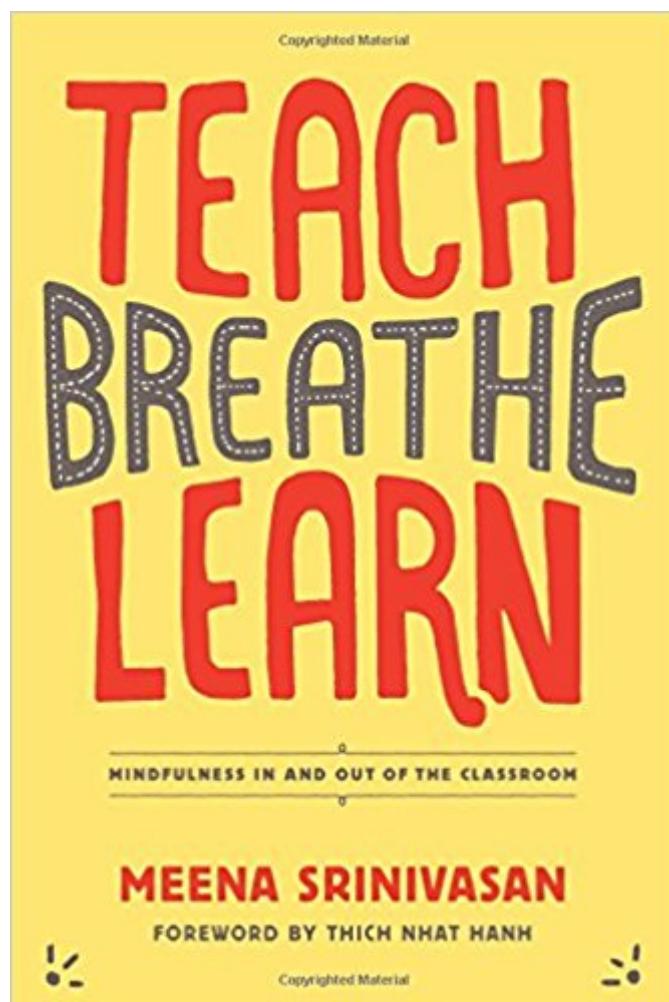


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# Teach, Breathe, Learn: Mindfulness In And Out Of The Classroom



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

If the students and teachers at your school were taught to be more mindful Â" to focus more clearly, calm themselves when powerful emotions arise, and respond thoughtfully when quick decisions must be made Â" school would be different. Calmer. Healthier. And this book -- a warm and practical guide to help teachers and their students practice mindfulness -- can help you make that happen. Part 1 of the book introduces the reader to basic mindfulness principles like

focusing on your breath, mindful walking, and mindful eating. In Part 2, we learn how to further practice mindfulness by sharing it with others informally and by starting practice groups with colleagues. Part 3 offers a complete mindfulness curriculum to use with students. Lessons include "Mindful Speech and Making Healthy Decisions," "Using Technology Mindfully," and my favorite, "Working with Emotions and Watering Helpful Seeds." Because I have worked mostly with adolescents, I have seen first-hand how powerful emotions can be at this age, how they can completely overtake students and push academics far to the side. By showing students how to put their energy toward the things that bring goodness into their lives — "watering helpful seeds" — and consciously neglecting those things that bring in negativity, we teach them how to manage those emotions. Each of the book's eight lessons includes a sequence of activities to work through with students, along with handouts for in-class activities and homework assignments. Some of the lessons seem to be quite long and could easily be broken into two or three shorter lessons, making the curriculum versatile for use as a whole, structured unit on mindfulness or as a supplement to a separate curriculum. It's hard to think of a situation where mindfulness wouldn't be helpful, especially in a place as emotionally charged and dynamic as a school, but here are a few specific ways the material in this book could be applied: Guidance Counselors will find the lessons invaluable for helping students with anger issues, depression, and social conflicts learn to manage their emotions more skillfully. Coaches can teach their players how to "keep their heads in the game" — despite emotional and social distractions, mindfully push through physical discomfort, and work more productively with teammates. Classroom Teachers will be able to enhance their teaching of any subject by using the principles in this book. Before introducing new or challenging material, beginning group work, or giving any kind of test, they can have students focus on their breath, remove distractions, and approach each task mindfully. Administrators will find the material in this book instrumental in helping students with regular disciplinary issues learn different ways to react to their triggers. And by encouraging faculty and staff to learn and practice mindfulness, administrators will cultivate a work environment that is supportive and calm, rather than stressful or bitter. Parents can use the lessons to help their own children navigate school and life with more presence of mind, better focus, less distraction and more kindness.

We are just starting a mindfulness based program in my district and Meena's book, "Teach, Breathe, and Learn" is one of the best resources for teachers and others who want to teach mindfulness to students and staff!! It is very well organized, easy to read and she gives wonderful,

practical and quick and easy strategies/lesson plans to be used immediately. This book is a must have book for anyone wanting to start a mindfulness program in their school. Thank you Meena for such an excellent resource for those of us who would like to see a more "awake" world and that starts with our children!! A deep bow of gratitude to you for sharing such a valuable resource with all of us who would like to share the mindfulness path with those we work with, both staff and students. Terrific book that I will read over and over again-have your sticky notes handy as you will be marking many passages in this book for future reference:-). Enjoy-Mariann

I love this book and was moved by it. Meena Srinivasan's words ring true with a naturalness and authenticity that is often absent in books directed at teachers. She embodies a mindfulness and presence in her life and work that will inspire all teachers who strive to bring themselves fully to their teaching and relationships. - Pamela Seigle, Executive Director Courage & Renewal Northeast

I would recommend this book to any educator interested in social emotional learning. It's easy to read and has wonderful information about the subject and lesson examples of how to implement mindfulness into the classroom.

Very practical and instructive reading ! Great thank to you Meena Srinivasan for sharing your experiences in a very accessible way , and language ! I strongly recommend it to anyone interested to discover how to include mindfulness/presence approach in the class or with own kids. Belle route   
À ce magnifique livre !

A wonderful resource for teachers that are interested in incorporating mindfulness in their classrooms. I shared this book with my curriculum director and we bought 30 of them and started a book club at our school. Very practical story telling with a curriculum unit at the end. I highly recommend this book!

Great advice from a teacher. It also teaches the students to use mindfulness in their daily lives. A must read for student teachers. It is also good advice for others teachers who tend to react to quickly to situations that push their buttons. I can think of several coworkers who could benefit from this book. However, it won't work if you don't take it seriously.

Wonderfully written. Although I am a novice when it comes to mindfulness I felt overwhelmingly

moved by the power of it. I began using Meena's lessons in mindfulness with my own two boys. Wish all of my children's teachers would read this book.

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