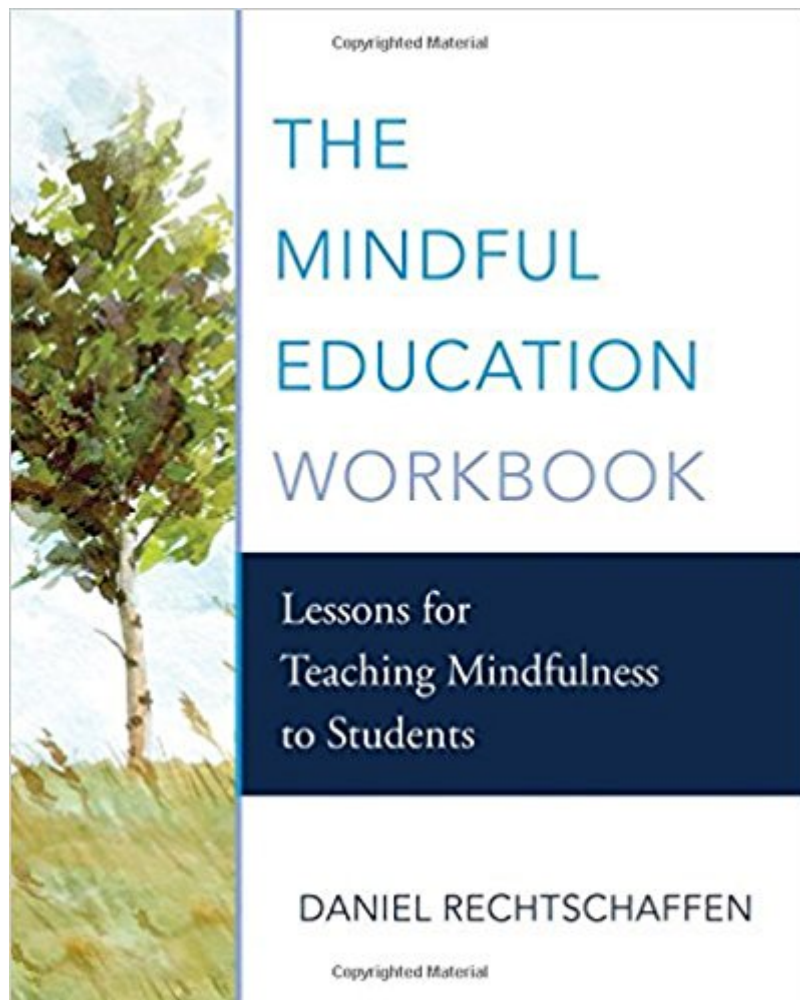




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# The Mindful Education Workbook: Lessons For Teaching Mindfulness To Students



## Synopsis

A structured curriculum of classroom-ready lessons, practices, and worksheets for actualizing a powerful new educational paradigm: student mindfulness. This workbook offers a step-by-step curriculum of classroom-ready mindfulness lessons for personal and professional development. It's a trove of fun, easy activities specially designed to help educators engage K-12 students and cultivate mindful attributes like attention, compassion, and well-being. Rich with simple and effective tips, techniques, worksheets, and guided exercises developed through extensive on-the-ground experience with real students and teachers, *The Mindful Education Workbook* empowers readers with all the tools they need to integrate mindful education in the school day.

## Book Information

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## Customer Reviews

• Provides plenty of interactive lessons, worksheets, dialogue and journaling prompts, and more which help readers approach mindfulness practice and dissemination easily. . . . Recommended. • - American Reference Books Annual • Chapters come with worksheets, provide guided exercises, and provide mental literacy lessons, mindful teaching tools, and examinations meant to help educators address underlying assumptions in the teaching process. The result is highly recommended for teachers and education collections seeking to incorporate mindful practices into existing curriculum. • - The Midwest Book Review's "Education Shelf" • Filled with useful insights for the educator, [this book] takes the reader from an introduction to mindfulness through a practical application that can be used in the classroom. . . . [A] powerful tool for improving student

success at all levels, regardless of a student's background. I recommend it to anyone wishing to expand their strategies for teaching mindfulness, and for those seeking to discover the joy of incorporating mindfulness into daily life. • - The Milton H. Erickson Foundation Newsletter

Daniel Rechtschaffen, a Marriage and Family Therapist, has a master's degree in counseling psychology. He founded the Mindful Education Institute and the Omega Mindfulness in Education conference, has developed a variety of curricula for mindfulness in the classroom, and leads mindfulness trainings for schools and communities around the world.

This is the book to have - for your own practice and your work with children of ALL ages! It is written with Heart, Humor and a wonderful depth of knowledge, clarity and understanding of mindfulness - first for us, as teachers... and then for the children that we teach, guide and move along with on this mindful journey. It has everything.... research, resources, and a richness that I haven't found in other books.... (And clear descriptive lessons, but I figured that was obvious!) It is written To us - not At us.... And so we engage with Daniel as he would have us engage with our students. It has 'How To's' for all aspects of mindfulness - embodying it ('we are the teachers, but we are also the lessons'), teaching it, practicing it.... And for all the different kinds (and ages) of students that we may meet .... as well as the different adults we may wish to communicate with: administrators, other teaching peers, parents, friends.... It is brilliantly and thoughtfully designed in its scope and sequence.... And a JOY to read! Get it! You won't be sorry..... This is a Masterpiece....

Very detailed. Starts with how you can become a mindful person. Includes exercises to follow and self reflection worksheets. But this is only in the first fourth of the book. Then moves on to what we know about kids as students according to age. The last half are lessons to teach the 5 realms of mindful literacy: physical, mental, emotional, social, global. It ends with "a day in the life of a mindful class." I cannot wait to start my 6th grade this year with mindfulness.

A Good in between reference material. Students enjoy on stressful day. Not something I use beginning to end.

Nicely written

super resource!

I have been working on implementing mindfulness in a middle/high school and this is our second year of doing so. Luckily, we are already doing many of the things suggested in this book, but it helped push our thinking on how to continue to expand mindfulness on a whole school level. I would highly recommend this for anyone looking to implement mindfulness in their school. One of the best resources I have found and I have over 8 books on mindfulness for kids and in schools.

This book is a fantastic resource for any educator looking to incorporate mindfulness into his or her practice. It is possibly the most practical resource I have encountered and is appropriate for k-12 students. It includes guided practices and activities with accompanying reflective handouts. I enthusiastically recommend it.

Beautifully conceived and presented. The author is a masterful and humble mindfulness teacher. In these pages you will view mindful practice through integrated lenses, termed five literacies: physical, mental, emotional, social, and global. The lessons contained in this workbook will take you, and any companions traveling with you, on an unforgettable journey that begins in our own bodies, with focused, nonjudgmental attention, continues to our minds and hearts with inquisitiveness and reflective presence. Ultimately, we are given the tools to develop our capacity for meaningful connections and for making the world a better place. There is no more valuable gift - for ourselves, our children, our students. Open the book and begin your journey.

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