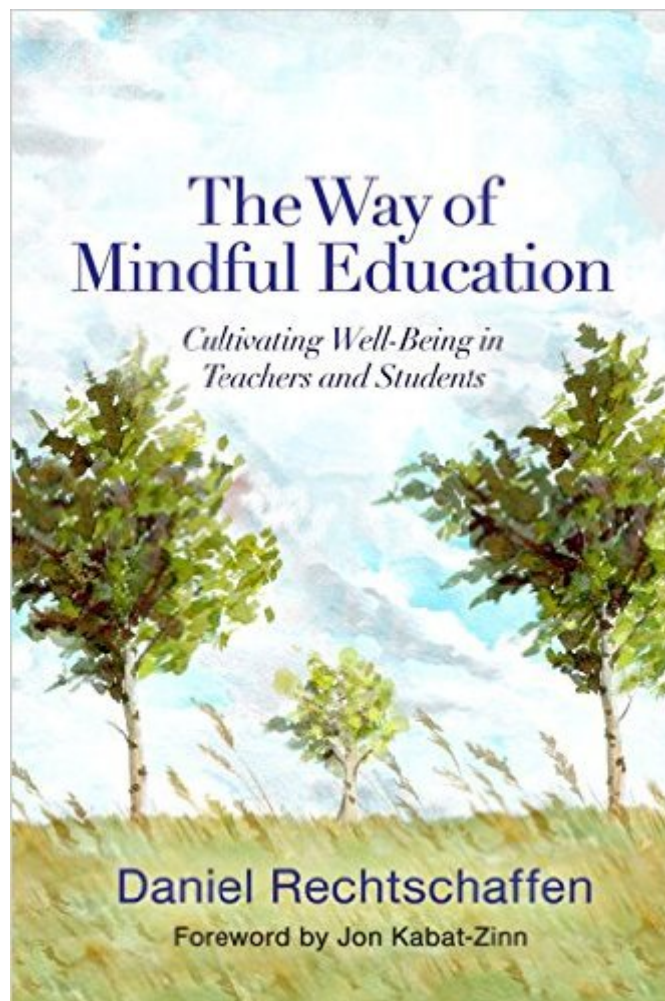


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# The Way Of Mindful Education: Cultivating Well-Being In Teachers And Students (Norton Books In Education)



## Synopsis

A new educational paradigm for youth mindfulness. Whether you are a teacher, or an educator, or involved in school administration and curriculum development, the book you hold in your hands has the potential to transform your life, the lives of your students, and the life of the school itself, as well as education in America.

—Jon Kabat-Zinn, PhD, from the Foreword

With attention spans waning and stress on the rise, many teachers are looking for new ways to help students concentrate, learn, and thrive. *The Way of Mindful Education* is a practical guide for cultivating attention, compassion, and well-being not only in these students, but also in teachers themselves. Packed with lesson plans, exercises, and considerations for specific age groups and students with special needs, this working manual demonstrates the real world application of mindfulness practices in K-12 classrooms. Part I, *Why Mindful Education Matters*, explains what mindfulness is, the science behind its benefits for students and educators, and the inspiring work that is already underway in the Mindful Education movement. In Part II, *Begin with Yourself*, we are reminded that in order to teach mindfully, we need to be mindful. Here teachers will learn the when, where, and how of mindfulness so they can effectively embody its practices with their students. Mindfulness practices offer teachers self-care and attention skills that prepare them to teach with greater energy and mastery. Discover how simple exercises can help manage stress, focus attention, develop compassion, and savor positive experiences in everyday life. Part III, *Cultivating a Mindful Classroom*, explores the qualities of a mindful teacher, the ingredients of a mindful learning environment, and helpful skills for appropriate, supportive work with cultural diversity, student stress and trauma, and varying age groups and developmental stages. Finally, in Part IV, *Mindful Education Curriculum*, we learn eighteen ready-to-use mindfulness lessons for use in schools. These practical exercises, designed to foster skills like embodiment, attention, heartfulness, and interconnectedness, can be readily adapted for any age group and population, and the author draws from his extensive personal experience to offer a wealth of tips for introducing them to students in real-time. Decades of research indicate the impressive benefits of mindfulness in social, emotional, and cognitive development, and as an antidote to emotional dysregulation, attention deficits, and social difficulties. This book invites teachers, administrators, and anyone else involved in education to take advantage of this vital tool and become purveyors of a mindful, compassionate, ethical, and effective way of teaching. 30 illustrations

## Book Information

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## Customer Reviews

Daniel Rechtschaffen, MA, LMFT author of *The Way of Mindful Education: Cultivating Well-Being in Teachers and Students*, is also a licensed marriage and family therapist as well as one of the founders of the Mindfulness in Education Conference at the Omega Institute, a holistic learning center in Rhinebeck, New York. He has helped to create curricula for many mindfulness-based organizations such as Mindfulness Without Borders and Mindful Schools. In addition to leading mindfulness trainings and conferences for several large organizations, he also teaches mindfulness through sports, music and games. He was inspired to write this book on arriving at the conclusion that exploring mindfulness in a serious way requires more than simply attending mindfulness trainings at workshops and retreats. Thus, *The Way of Mindful Education* was born. The book is laid out in a very accessible, clear format and the author's <sup>TM</sup> experience as a teacher is evident from beginning to end. Jon Kabat-Zinn, the so-called father of the mindfulness movement in America, gives a glowing recommendation in the Foreword of Rechtschaffen's book, which piqued my interest right at the outset (Rechtschaffen, 2014). The introduction is, in itself, an analysis of the content and a summary of the author's <sup>TM</sup> key beliefs around the value of mindfulness; this serves as a highly effective way to begin his discourse. Rechtschaffen's book is organized into four parts; Part I: Why Mindful Education Matters, Part II: Begin with Yourself, Part III: The Mindful Classroom, and Part IV: Mindful Education Curriculum (2014). The structure follows a natural progression that starts with Part 1 addressing the basics, namely the question of what mindfulness is and is not.

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