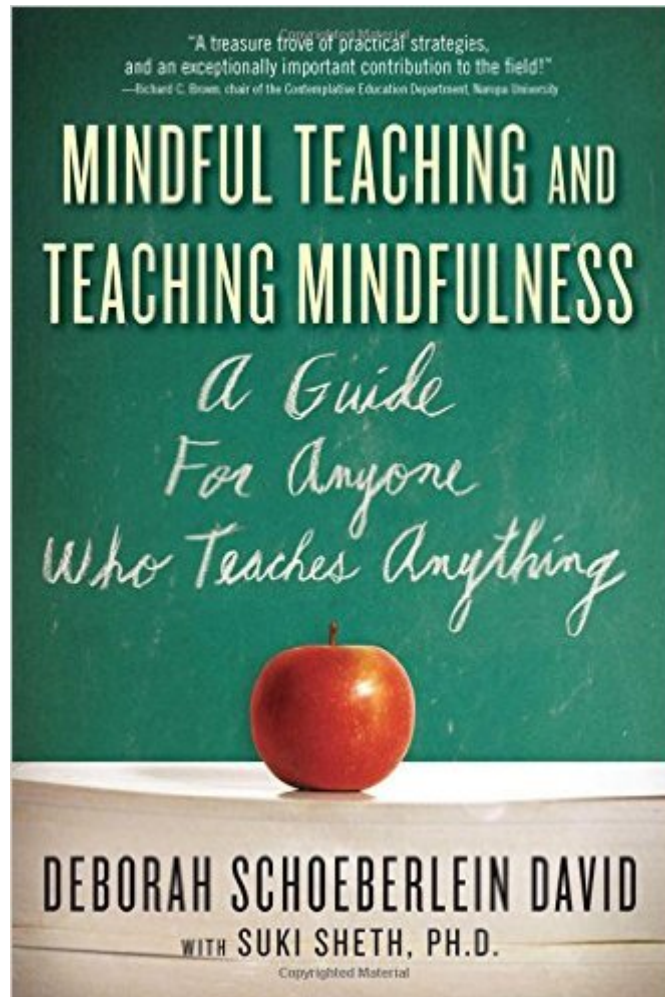


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# Mindful Teaching And Teaching Mindfulness: A Guide For Anyone Who Teaches Anything



## Synopsis

Author Deborah Schoeberlein pioneers the practical application of mindfulness in education. By showing teachers how to tune into what's happening, inside and around them, she offers fresh, straightforward approaches to training attention and generating caring both in and outside of the classroom. *Mindful Teaching and Teaching Mindfulness* emphasizes how the teacher's personal familiarity with mindfulness plants the seed for an education infused with attention, awareness, kindness, empathy, compassion, and gratitude. The book follows a teacher from morning to night on a typical school day, at home, during the commute, and before, during, and after class. This book is perfect for teachers of all kinds: schoolteachers, religious educators, coaches, parents-anyone who teaches anything.

## Book Information

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## Customer Reviews

Even educators with well established mindfulness practices can find it a challenge to maintain mindfulness at work. What might mindful teaching look like? What can one do to support it? *Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything* by Deborah Schoeberlein (Wisdom Publications, available in early September) answers these questions. It's an important new resource for all teachers, regardless of their previous experience with mindfulness practice. In her book, Schoeberlein paints a detailed picture of a day in the life of a mindful teacher. The day begins with waking up to mindful breathing and setting an intention. It ends that night with meditating on one's satisfaction with the day. In between, there are many informal practices,

described by Schoeberlein, which teachers can use throughout the school day, on their own or in their interactions with students. These descriptions aren't a prescription for mindful teaching. Rather, they provide examples that can inspire teachers to find ways to infuse their days with mindfulness that work for them. Teaching mindfully is already a great gift to students. It's where many teachers might stop, not feeling that teaching mindfulness practices to their students is possible in their situation. However, mindful teaching changes classroom environments, creating new opportunities. Further, Schoeberlein's many examples of ways to teach mindfulness can suggest possibilities for such teaching even with what might seem to be the most challenging student populations and curricula. Schoeberlein gives formal instructions for each student mindfulness activity. However, as with her informal teacher practices and with the approaches described in my book, *Tuning In: Mindfulness in Teaching and Learning*, these examples best serve to inspire teachers to develop approaches that fit their specific situations.

I found this book to be appropriate for all teachers and students no matter the extent of experience with mindfulness practice. I was a first grade teacher before I was a university professor. I began my mindfulness meditation practice in 1996 while I was still a first grade teacher. As I read this book, I found myself thinking that the information was as relevant for my former first grade students as it is for my university students today. I also thought how blessed it would have been for both me and my first grade students if this book had been available to me then. I am delighted to have access to so many mindfulness practice activities for the classroom between the same two covers. I imagine it as my ready companion as I plan my mindfulness course activities each week this year. ...sharon solloway  
Solloway Mindfulness Survey (free teacher resource) [...]

Mindful teaching and mindful living have the ability to change the world, I believe, and this book does a good job of introducing those unfamiliar with mindfulness and how it might be integrated into a classroom. I would recommend this for teachers of younger students-- it claims to be just as relevant for teachers or older students, but as a high school teacher, I found that most of the practical suggestions in the book were much more suited to the younger grades. It is also fairly superficial, so if you're looking for a deep exploration of how to integrate mindfulness into the classroom, you should keep looking, but if you've never read anything of this sort-- read it!... and more importantly-- PRACTICE IT!

I'm familiar with mindfulness and began implementing my own classroom practice earlier this year. I

found this book really didn't get into the depth of research or practical implications for using mindfulness in the classroom, and seemed more as a "beginners tool" for someone new to the field. There were a few scripts that were included that I could see myself modifying to meet the needs of my students, which is helpful. However, beyond that I much prefer the book by Daniel Retschaffen, as it is more aligned to my student population (high need, inner city, disabilities).

This will change my life!!Care about optimal learning and emotional balance for you and your students? Read this book.Stress damages the brain and interferes with learning. Mindfulness is the antidote and this book contains the recipe

This is a great book for anyone who has their own Mindfulness practice or who is working in a school where they can either use this in their classroom or just help themselves become more calm in the stressful world of teaching.

I use this book for my kids. I want to them to develop an inner life, even at a very young age. The activities and the suggestions for mindfulness exercises in this book is very useful... especially when working with young kids

This book brings back the joys and passion of teaching and the wonderment of learning, a two way street for both the teacher and the student. In this new age, one of the many frustrations of teaching is that teachers do not see the stamina, perseverance and desire in many students to sustain learning. Using the techniques in this guide will make both teachers and students life-long learners. Finally, a book that really concentrates on teaching as a craft and as something that is most precious. Thank you,Deborah. I intend to share copies with my English Department at my school this September.

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