Promoting Self-regulation, Positive Behavior and Emotional Well-Being: Mindfulness and SEL in School

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Online Resources for Teachers

Greater Good Science Center (UC Berkeley), Mindfulschools.org, Edutopia.org, UCSD Center for Mindfulness, Association for Mindfulness in Education (AME), Collaborative for Academic, Social, and Emotional Learning (CASEL), Center for Contemplative Mind in Society, Mindfulness in Education Network (MiEN), Mindfulnessinschools.org, Susankaisergreenland.com, and many more, just search the terms mindfulness and education or mindfulness and children for more resources.

Books for Teachers

The Mindful Child, Susan Kaiser Greenland, Sitting Still Like a Frog: Mindfulness Exercises for Kids, Eline Snel

The Way of Mindful Education, Daniel Rechtschaffen, A Still Quiet Place, Amy Saltzman, Mind Up, Hawn Foundation

Mindfulness for Teachers, Patricia Jennings, Teach, Breath, Learn, Meena Srinivasan, Breath Chill, Lisa Roberts

The Invisible Classroom: Relationships, Neuroscience and Mindfulness at Work in School, Kirke Olson

Books to Share with Children

Silence, Lemniscates, What Does It Mean to Be Present?, Rana DiOrio, How Full is Your Bucket?, Rath & Reckmeyer

You are Not Your Thoughts, Brian Despard, Moody Cow Meditates, Kerry Lee MacLean, Anh’s Ange, Gail Silver

No Ordinary Apple, Sara Marlowe, Peaceful Piggy Meditation, Albert Whitman, Take the Time, Maud Roegiers

Good Night Yoga, Miriam Gates, A Handful of Quite, Thich Nhat Hanh, Visiting Feelings, Lauren Rubenstein

Instructions for a Daily Mindfulness Practice

Use the instructions below for a daily mindfulness lesson. To start it can be done in just two or three minutes. Then, in time, it can be extended for longer periods. You can do the same thing every day, or alternate by adding a body scan and mindful movement to your daily practice.

A simple lesson to repeat daily is one minute of mindful listening and one or two minutes of mindful breathing.

1. “Please get into your ‘mindful bodies’—still and quiet, sitting upright, eyes closed or softly looking downward.”

2. “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.”

3. Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound or a rainstick to encourage mindful listening.

4. “Please raise your hand when you can no longer hear the sound.”

5. When most or all have raised their hands, say, “Now slowly, mindfully, move your hand to your stomach to feel your breathing.” “Take two big deep breaths through your nose, in..... out....., in..... out .....” “Now just breathe normally paying attention to your breath as it goes in and out of your body.”

6. You can help students stay focused during the breathing with reminders like, “Just breathing in ... just breathing out ...” “Not trying to change anything..., just being still.”

7. Ring the bell to end. (Adapted from Mindful schools.org)