



**KEEP
CALM
AND
PAY
ATTENTION**

What is Mindfulness?

To me mindfulness means to recognize thoughts and feeling that I have but not to judge them. It gives me a moment to breath in my extremely busy life and check in with my body and ask myself how I am feeling. (Gr. 12 student, Robert Thirsk High, Calgary Board of Education)

What is Mindfulness?



What is Mindfulness?

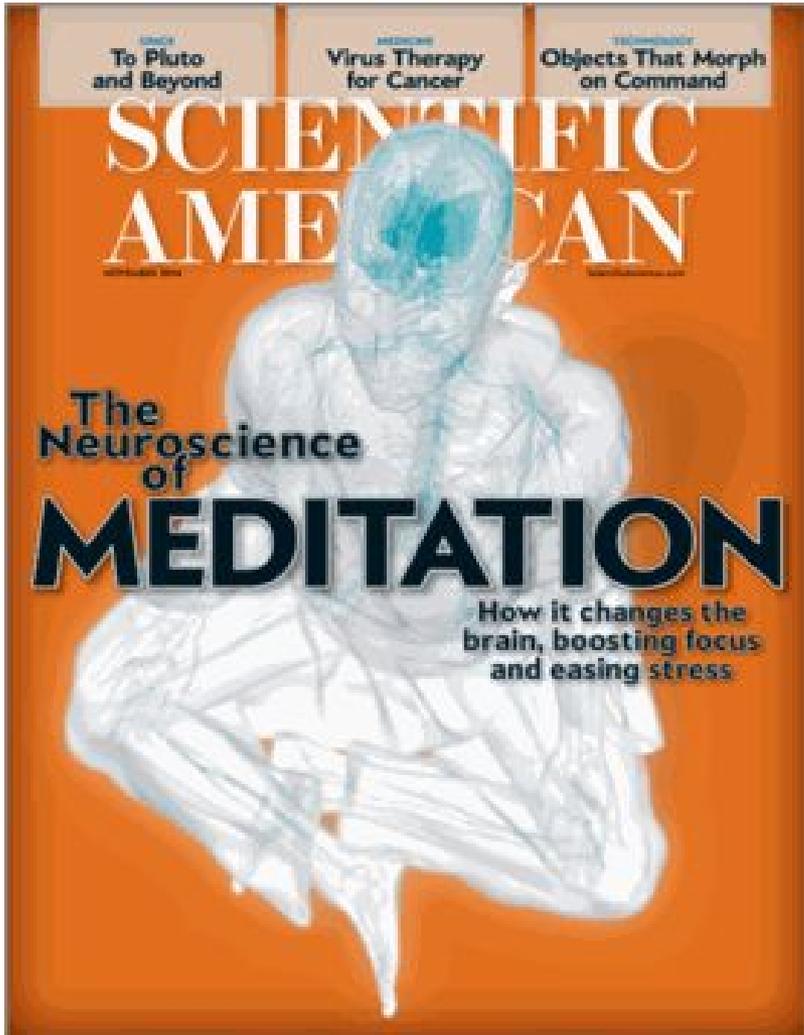
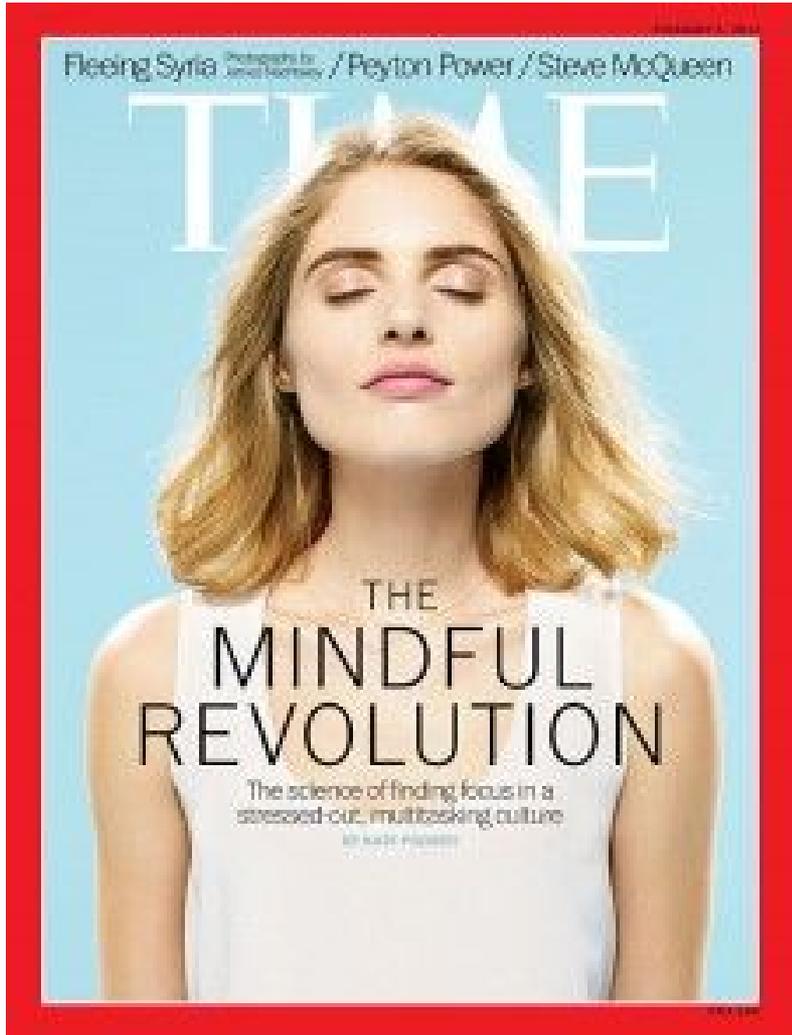
paying attention in a particular way: on purpose, in the present moment, and non judgmentally - Jon Kabat-Zinn

What Mindfulness is not:

- about calm
 - absence of thought
 - religious
 - a silver bullet
 - disciplinary
-

Are Mindfulness and Meditation the same thing?

- Mindfulness Meditation is one way to practice Mindfulness
 - Mindfulness Meditation is one kind of Meditation
-



History of Mainstream Mindfulness

- MBSR 1979
- MBCT 1990s
- Mindfulness in Education 2010s



Mindfulness in Education

- Mindfulness in Schools
- Mind Up Program
- Mindful Schools

MINDUP*



The Mindfulness in Schools Project
www.mindfulnessinschools.org

Mindful Schools

Value of Mindfulness in Education

The growing body of research on mindfulness in school-based contexts reveals the following list of core benefits:

- Improved attention, focus and concentration
 - Increased self awareness and emotional regulation
 - Reduced Stress
 - Increased Empathy and Compassion
 - Improved impulse control
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Value of Mindfulness in Education

“Between stimulus and response there is space. In that space is our power to choose our response. In our response lies our growth and freedom.” – *Viktor E. Frankl*

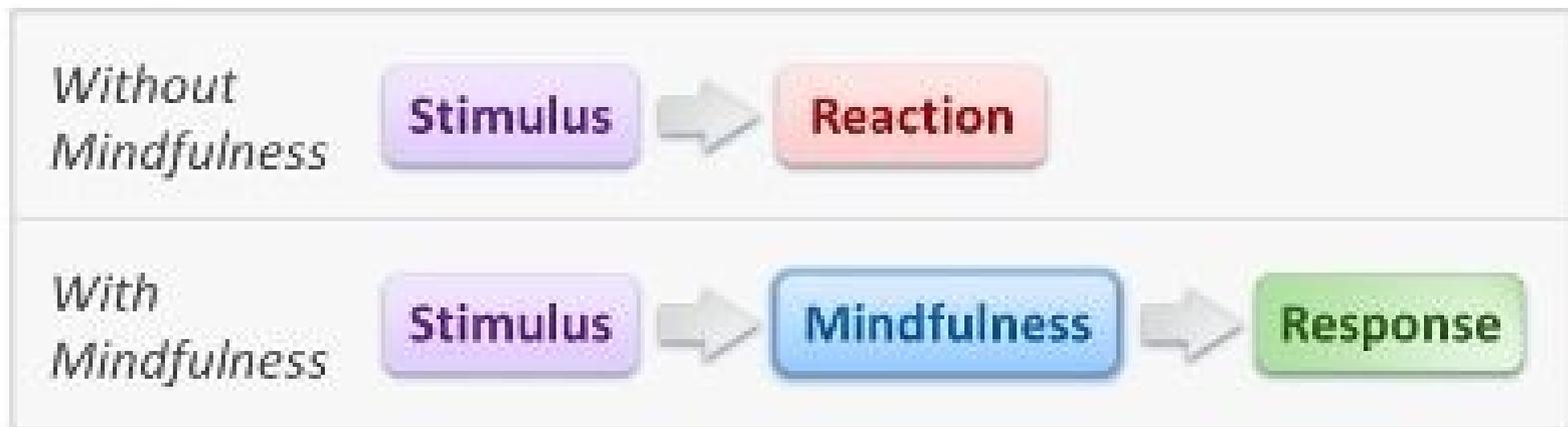
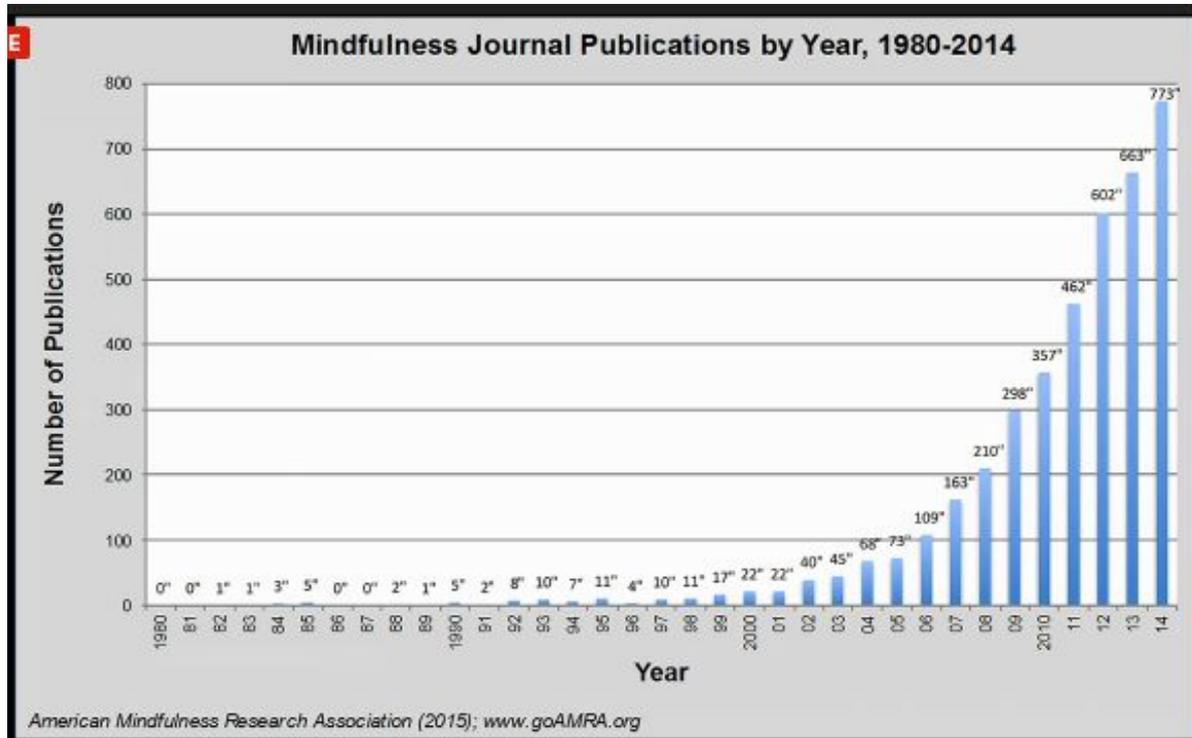


Diagram courtesy of Mindful Schools (www.mindfulschools.org).

Value of Mindfulness in Education

- Mindfulness improves Attention
 - Concentration
 - Focus
- Mindfulness improves Self-Regulation
 - Impulse Control
 - Emotional Regulation

[Developmental Psychology, Vol 51\(1\), Jan 2015, 52-66.](#)



[Mindfulness in Education Research Highlights-GGSC](#)

[Research Summary - Mindfulnet.org](#)

[Developing mindfulness with children and young people: a review of the evidence and policy context - Journal of Children's Services](#)

What does it look like and how do we teach it?

- Mindfulness is always learned in a highly practical way, through experience rather than talk.
 - We gradually learn to direct our attention in a more focussed way to whatever is actually happening - whether it be our breathing, the sensations in our body, thoughts and feelings, or everyday activities such as walking and eating.
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What does it look like at Grandview?



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- ✓ Are you paying FULL attention to your task?
- ✓ Are you paying attention to your ethics, values, and conscience?
- ✓ Are you paying attention to the emotions driving your decisions?
- ✓ Are you paying attention to the needs and concerns of the one you're with?

What does it look like at Grandview?

Junior High

Class One: Mindfulness of Sound

Class Two: Breath 1 - Anchor

Class Three: Heartfulness

Class Four: Thoughts

Class Five: Breath 2 - Counting

Class Six: Pleasant/Unpleasant

Class Seven: Mindful Eating

Class Eight: Connection to Others

Class Nine: Past/Present/Future

Class Ten: Breath 3

Class Eleven: Body Scan

Class Twelve: Loving Things

Class Thirteen: Judgment. Body Awareness

Class Fourteen: Mindful Walking

Class Fifteen: Heartfulness for Oneself

Class Sixteen: Mindfulness of Emotions

Class Seventeen: Mindfulness in Conversation

Class Eighteen: Gratitude and Appreciation

INHALE ... practice



- Staff meetings and PD presentations
- Mindfulness Assessment Preparation (M.A.P.)
- Wellness Wednesdays
- Gratitude project and Wellness Calendars
- ELA classes
- PLP/ALP Yoga
- Peak Performances
- Natural Science
- Biology
- Visual Arts
- Community partnerships
- Student-driven social action

EXHALE ... culture



“Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality.”

(Martin Luther King)



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Thank You

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Calgary Board of Education

Bringing Mindfulness to the Classroom

Robert Thirsk High School | Kate Love

kjlove@cbe.ab.ca



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Links

- [Education Week Blog - Implementing Mindfulness in schools](#)
 - CBE 182 Blog - <http://cbe182.weebly.com/the-stories/day-82-kate-love-teacher-robert-thirsk-high-school>
 - [Mindfulness in Education Research Highlights-GGSC](#)
 - [Research Summary - Mindfulnet.org](#)
 - [Developing mindfulness with children and young people: a review of the evidence and policy context - Journal of Children's Services](#)
 - [Developmental Psychology, Vol 51\(1\), Jan 2015, 52-66.](#)
 - [Mindful Schools](#)
 - [The Hawn Foundation](#)
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Implement the Ministerial Order on Student Learning

- Engaged Thinkers
 - Ethical Citizens
 - Entrepreneurial Spirit
-

Mindfulness & Engaged Thinkers

- ...An Engaged Thinker knows how to think critically and creatively and make discoveries through inquiry, reflection, exploration, experimentation and trial and error....
 - Studies show mindfulness
 - Improves attention, working memory and executive function
 - Increases classroom engagement
 - Improves academic performance
-

Mindfulness & Ethical Citizenship

- ...An Ethical Citizen understands that it is not all about them,...builds relationships through fairness, humility and open-mindedness,....demonstrates respect, empathy and compassion for all people,...
 - Studies show mindfulness:
 - Increases empathy and compassion
 - Improves pro-social behaviour
-

Mindfulness & Entrepreneurial Spirit

- ...An individual with an Entrepreneurial Spirit is motivated, resourceful, self-reliant and tenacious,...is resilient, adaptable,...has the confidence to take risks...
 - Studies show mindfulness:
 - Reduces stress, anxiety, and fatigue
 - Improves emotional resilience
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