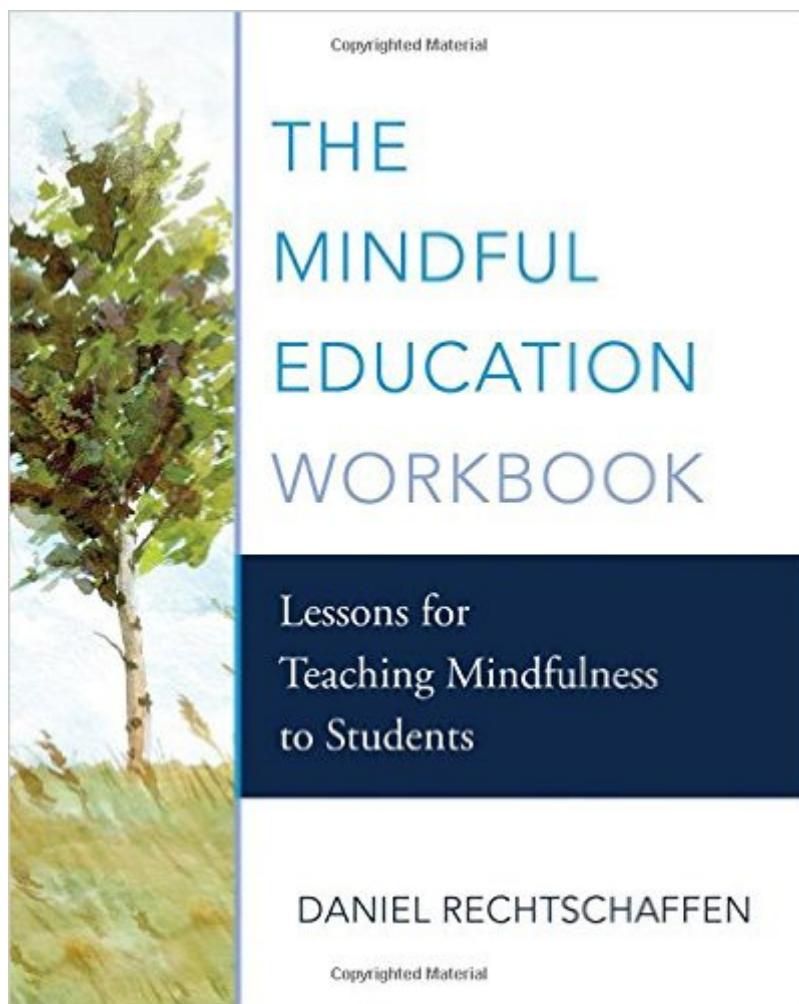


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# The Mindful Education Workbook: Lessons For Teaching Mindfulness To Students



## **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**

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....

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.

It is truly a pleasure to have a book like this come into my school and my life. This is not only an exceptional guide to help children and students of all ages and abilities, it is a watchword for intentional practice in my own life. Daniel has learned from his own experience how to deliver such a beautiful plan for children and teachers to flourish, grow and learn. He is an outstanding educator. Thank you Daniel.

This book provides a strong foundation in understanding the goals of mindfulness practice in the classroom and concrete strategies to use with students right away. Each lesson clearly articulates goals, how to set up and lead the lesson well, along with processing questions to use with students. This book is a must for any teacher wanting to integrate mindfulness practices into the classroom!

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