



*Tell me, what is it you plan to do  
with your one wild and precious  
life?*

*—Mary Oliver*



*Classroom and Teacher Transformation  
through Mindfulness*



**ALI HERRON**

Kindergarten Teacher/

Mindfulness Practitioner

Marysville Elementary School

*Who we are.... Why we are here.*

- 1.) **Share your name and job title.**
- 2.) **Share your reason for being here.**





*Hello!*

**I am Ali Herron**



You can reach me at [aherron@pps.net](mailto:aherron@pps.net)



# Marysville School





# *Defining Mindfulness*

What do we already know?

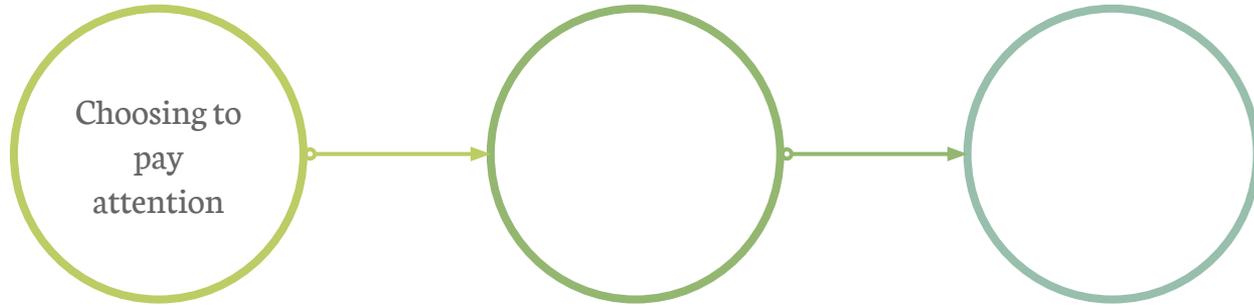


*“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”*

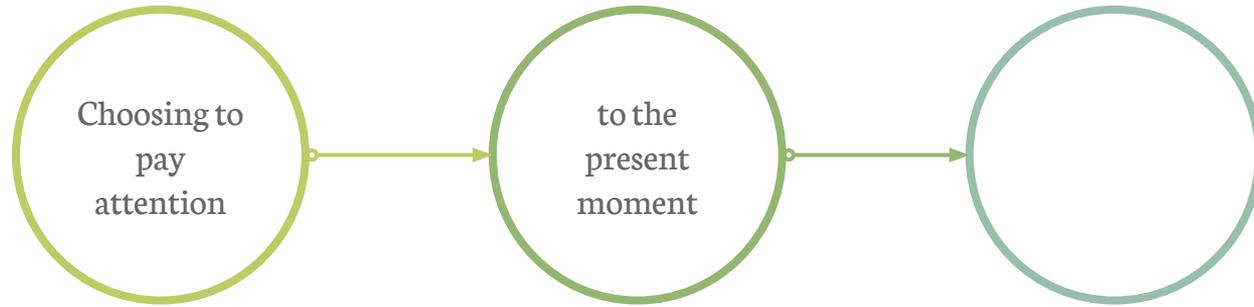
*— Jon Kabat-Zinn*



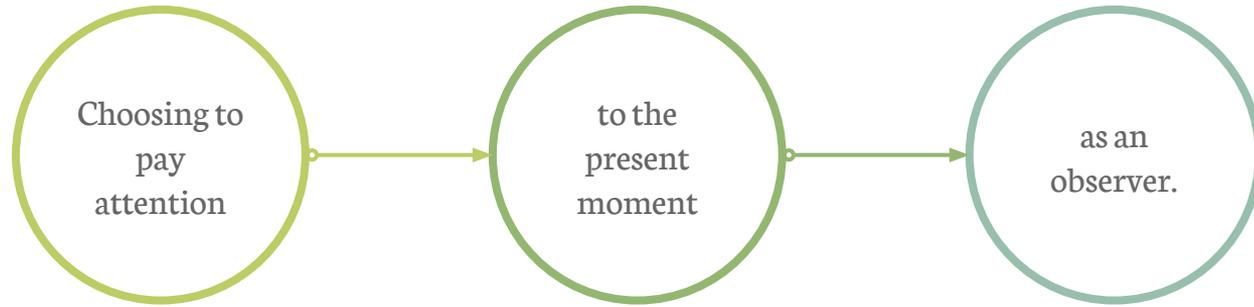
*Simply...*



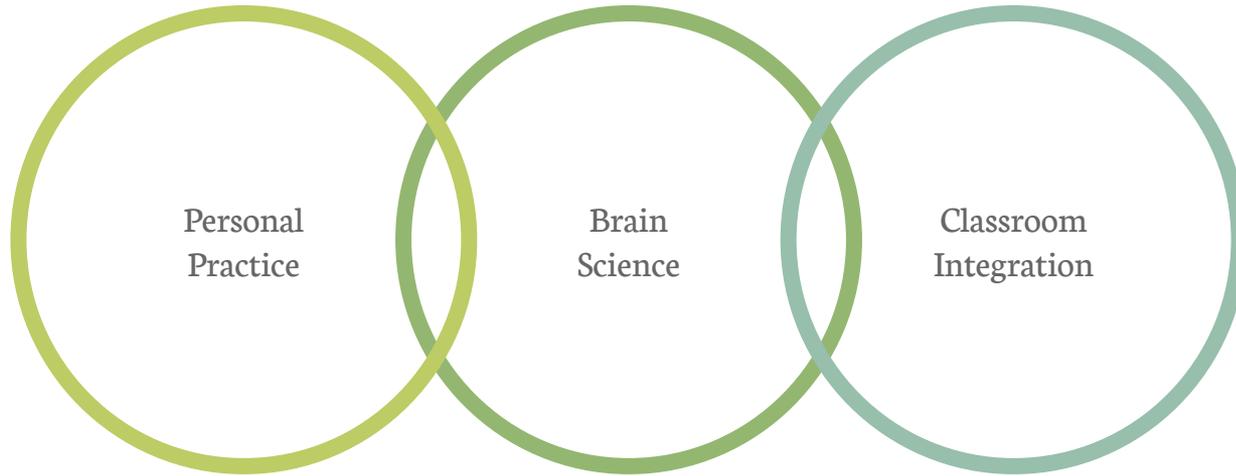
*Simply...*



*Simply...*



# *Workshop Format*



## *Participants will be able to*

- + Express a *personal* understanding of mindfulness
- + Name and describe parts of the brain
- + Articulate brain-based practices for well-being
- + Utilize sentence frames to increase self-regulation



# *The Practices*

1. The Soft Start
2. Keeping the Brain in Mind
3. The Brain Break
4. Emotional Authenticity
5. Practice the Pause
6. Lens of Self-Compassion
7. Gratitude



# Practice 1.

## *The Soft Start*

Begin the day with gentleness and intention



# *The Soft Start*

**What did you notice upon entering?**

Calm  Connect



*This  
Practice  
and the  
Brain:*



Neurosequential Model in Education (NME)

The ChildTrauma Academy

[childtrauma.org](http://childtrauma.org)

## *Classroom Integration*

### + Soft Start Elements

- + Calm
- + Connect
- + Community
- + Chime



# Practice 2.

## *Keeping the Brain in Mind*

Understanding the parts of your brain



# *Keeping the Brain in Mind*

- + **The brain as a house**
- + **Hand model of the brain**



*This  
Practice  
and the  
Brain:*

*Understanding  
the brain  
**integrates** the  
brain*



## *Classroom Integration*

- + Teach the hand model of the brain
  - Prefrontal cortex
  - Amygdala
  - Hippocampus
- + Reinforce during read alouds



**I am using my \_\_\_\_\_.**



# Practice 3.

## *The Brain Break*

Focused attention training for all



*“One of the primary ironies of modern education is that we ask students to “pay attention” dozens of times a day, yet we never teach them how.”*

*— Amy Saltzman*



# *The Brain Break*

**Focused attention training in action**



*This  
Practice  
and the  
Brain:*

Supports  
functioning of the  
***prefrontal  
cortex***



# Classroom Integration

- + Teaching the Brain Break
- + Start small
- + Focus on the WHY
- + Expect challenges



After brain break I feel \_\_\_\_\_.



# Practice 4.

## *Emotional Authenticity*

Acknowledging the range of human emotions



# *Emotional Authenticity*

**The teacher as an emotional being**

Poem reading:

The Guest House

*By: Rumi*



*This  
Practice  
and the  
Brain:*

**“Affect labeling”  
reduces  
amygdala  
activity**



## *Classroom Integration*

- + Sharing our emotions
- + “Feeling” our feelings
- + Zones of Regulation



**I am feeling \_\_\_\_\_.**



# Practice 5.

## *Practice the Pause*

The difference between reacting and responding



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

*— Viktor Frankl*



# *Practice the Pause*

**The most important mindfulness tool in the kit!**



Choose to *respond* rather than *react*

*8 Breaths to Joy practice*



*This  
Practice  
and the  
Brain:*

**Pausing puts the  
prefrontal cortex  
back in control**



## WITHOUT MINDFULNESS

### STIMULUS



### REACTION



### REACTION...



## WITH MINDFULNESS

### STIMULUS



### MINDFULNESS



### RESPONSE



## *Classroom Integration*

- + Pause to:
  - notice feelings
  - savor joy
  - question responses
  - *breathe*



**I notice** \_\_\_\_\_ .



# Practice 6.

## *Lens of Self-Compassion*

Looking through the lens of universal experience



# *Lens of Self-Compassion*

**Self Kindness**



**Common Humanity**



**Mindfulness**



*Self-compassion mini-meditation*



*This  
Practice  
and the  
Brain:*

Activating our  
care-giving system  
releases oxytocin

*(it works for us, too!)*



## *Classroom Integration*

- + Speak kind words to yourself for all to hear
- + Model self-compassion in mistake making
- + Practice Loving-Kindness meditations



Everybody feels \_\_\_\_\_ sometimes.



# Practice 7.

## *Gratitude*

Making what we have enough



# Gratitude

## Practice: Gratitude Circle



Name something you are grateful

*You have the right to pass*



*This  
Practice  
and the  
Brain:*

**Neurons that  
fire together  
wire together.**



## *Classroom Integration*

-  Use perspective-taking to enhance gratitude
-  Start a gratitude journal
-  Take it BEYOND November



**I am grateful for \_\_\_\_\_.**



## *Reviewing Objectives*

- + Express a *personal* understanding of mindfulness
- + Name and describe parts of the brain
- + Articulate brain-based practices for well-being
- + Utilize sentence frames to increase self-regulation



*In closing...*

## **Jot Down**

3 practices you are willing to try

## **Share**

1 practice you are willing to try for 7 days in a row



## Giveaways

Thank you for being here.

I appreciate your time and  
dedication to yourself and your  
students.



*Thanks!*

**Any questions?**

You can find me at  
[aherron@pps.net](mailto:aherron@pps.net)



# Credits

Special thanks to all the people who made and released these awesome resources for free:

- + Presentation template by [SlidesCarnival](#)
- + Photographs by [Unsplash](#)

Brain clip art:

- + <https://www.lds.org/media-library/images/choose-right-2012-outline-sharing-time-heart-brain-814134?lang=eng>

The Neurosequential Model in Education

- + <https://www.attach.org/wp-content/uploads/2015/09/NME-Presentation-SPG-0929-comp.pdf>

8 Breaths to Joy Practice

- + <https://www.mindful.org/8-breaths-to-joy-a-guided-practice/>

Be Kind to Yourself Meditation

- + <https://www.lionsroar.com/meditation-be-kind-to-yourself/>

