Cambridge Schools Conference

Workshop
Mindfulness-Based Wellbeing
Be Mindful, Teach Mindfully, Teach Mindfulness

Kevin Hawkins & Amy Burke
Churchill College, Cambridge
September 2018
THE MINDFUL REVOLUTION

The science of finding focus in a stressed-out, multitasking culture

BY KATE PICKERTY
Understanding ourselves - our minds, our bodies, our emotions, - is a key life skill
Three Aspects of Mindfulness in Education:

- Being Mindful
- Teaching Mindfully
- Teaching Mindfulness
“Pay attention!”

"Parents and teachers tell kids 100 times a day to pay attention. But we never teach them how."

Stanford researcher Philippe R. Goldin
Two modes of mind

Thinking

Conceptual
- Comparing
- Planning
- Analysing
- Goal-setting
- Remembering

Sensing

Seeing   Tasting   Touching
Hearing   Smelling

Mark Williams/MiSP
“Oh, I’ve had my moments, and if I had to do it over again, I’d have more of them. In fact, I’d try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day.”

Nadine Stair, 85 years old
‘Mindfulness training with adolescents enhances metacognition and the inhibition of irrelevant stimuli’ (2016)

- 16-18 year old students
- EEG’s measuring attention performance on computerised distraction tests

**Results showed:**
- better focus after the training
- able to ‘more efficiently inhibit irrelevant stimuli’
- reduced hypercritical self-beliefs compared with the control group.
Heartfulness

念
Social Emotional Learning (SEL)
Mindfulness Based Wellbeing

- Self-Management
- Self-Awareness
- Social Awareness
- Relationship Skills
- Responsible Decision Making

TEACHERS

SOCIAL

EMOTIONAL

STUDENTS

PARENTS

LEARNING

casel.org
Foundations of MindUP

Kimberly A. Schonert-Reichl

Social Emotional Learning

Positive

Mindful Attention Awareness

Neuroscience
Emotional Regulation

Self Awareness

attention
FEELINGS

THOUGHTS

SENSATIONS

ACTIONS

From Cognitive Behaviour Therapy
Pattern Completion

“I don’t want to go to school today”

“But you have to darling”

“Why?”

“Because you are the Headmaster”
I need to speak to you
Negativity Bias
Storytelling
“Thoughts Are Not Facts”
Why does this matter?

Mindful awareness can help us see that thoughts can be fallible.

Helps stop us from getting ‘hooked’ by our stories.

Negative stories isolate us – mindful awareness connects us.
Applying Mindful Awareness
Emotional Regulation
https://internetseekho.com/10-best-selling-smartphones-on-gearbest-com/
Less Likely to Get Enough Sleep

Percentage of 8th-, 10th-, and 12th-graders who get less than seven hours of sleep most nights


Not Hanging Out With Friends
Times per week teenagers go out without their parents

More Likely to Feel Lonely

Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement “I often feel left out of things” or “A lot of times I feel lonely”

MINDFUL AWARENESS TRAINING

CLASSROOMS

HEALTH EDUCATION

PHYSICAL EDUCATION

MUSIC, ARTS

COUNSELING & AFFECTIVE SKILLS TRAINING

WELLBEING

STUDENTS

EMOTIONAL

SOCIAL

PARENTS

LEARNING

TEACHERS
The impact of enhancing SEL
A meta-analysis of school-based universal interventions


- Improved SEL skills
- Improved Attitude
- Reduced Behavioural Problems
- Reduced Emotional Distress

*Child Development, 82, 405–432.
“Students with training in social-emotional learning gained an average of 11 percentile points on standardized test scores compared with students who did not receive the training.”

The impact of enhancing SEL
A meta-analysis of school-based universal interventions

Meta-Analysis of Follow-Up Effects
Published July 12, 2017

Academic Performance:
Average 13 percentile points higher 3.5 years after intervention

Graduation Rates:
High school - 6% increase
College - 11% increase

Long term - Lower:
Conduct problems, emotional distress, and drug use

Long Term - Higher:
Social and emotional skills, positive attitudes toward self, others, and school

“Educating the mind without educating the heart is no education at all.”

Aristotle
How can mindfulness help develop SEL?

Attention – the capacity to sustain curiosity

Awareness – of physical, emotional and mental events

Self-knowledge – eg. noticing recurring thought patterns

Breathing and grounding techniques – to calm and centre

Space and time – to respond rather than react

Empathy – understanding self and other
Jon Kabat-Zinn
Mindfulness and SEL in Education

https://www.youtube.com/watch?v=Qm-qnkclUyE
Three Aspects of Mindfulness in Education:

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“What we want for our children we need for ourselves”
Oxygen Mask Principle

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”
What stresses you out?

Where do you feel it in your body?

How do you manage your stress?
Autonomic Nervous System

Sympathetic NS

Normal

HOMEOSTASIS

Parasympathetic NS

Tim Burns
Educare
Chronic Elevated Stress Levels – a New Normal
Exhaustion Funnel

Marie Asberg from *Finding Peace in a Frantic World*, Mark Williams
Self-care
This is where we normally do hands but we are going to do a fofboc-ish type thing.

Picture of clouds

82 female teachers randomly assigned to training group or control group

After 8 weeks...

• Less negative emotion
• Reduced feelings of depression
• Increase in positive states of mind

http://www.yoga4classrooms.com/yoga-4-classrooms-blog/Teacher-Burnout-yoga-mindfulness-for-teacher-resilience-classroom
After 5 months...

- Lower blood pressure
- Recovered from stressful task more quickly
- Greater feelings of compassion towards others
- Less hostility or contempt

Concefliative/Emotion Training Reduces Negative Emotional Behavior and Promotes Prosocial Responses
Margaret E. Kemeny, Carol Foltz, James F. Cavanagh, Margaret Cullen, Janine Giese-Davis, Patricia Jennings, Erika L. Rosenberg, Omri Gillath, Phillip R. Shaver, B. Alan Wallace, and Paul Ekman
Online First Publication, December 12, 2011. doi: 10.1037/a0026118
Mindfulness – Formal practice
Mindfulness – Informal Practice

Practice during every day activities
Weaving it in....

- Routine activities – sensory focus
- Post-it reminders
- Bells on computers
- Choosing to take a breath before sending an email
- Short breather - go outside school - fresh air
- Slowing down a little, walking mindfully
  - Walking from tram/bus to home/school
  - Walking from car to the front door of the school
  - Hands and arms or feet awareness while walking in hallways
  - Walking through a threshold or up stairs
An 8 Week Course

Best to find a live local group teacher if possible, but there is also a very good self-paced online course available from [Umass](www.soundstrue.com/store/mbsr-course)
Teacher Retreats

CULTIVATING AWARENESS AND RESILIENCE IN EDUCATION

New York City Research (published 2017):
200+ teachers
36 urban elementary schools
5000 students

- stress symptoms
- emotional regulation
- sense of time pressure
- emotional support for students
- improved classroom organization
An excellent book which contains a free guided 8 week course with audio that many teachers have found very helpful.
SELF CONTROL
&
FOCUS

11 HRS

SMILE MORE

SLEEP BETTER

LOVE BETTER

HEADSPACE
get some.

mind well
Insight Timer
Three Aspects of Mindfulness in Education:

- **Being Mindful**
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Body as Barometer
HOW WE TEACH IS AS IMPORTANT AS WHAT WE TEACH
“Keeping our own wellbeing in mind is essential in creating an optimal learning environment”

Adapted from Daniel Siegel, forward to “Social Neuroscience of Education”
Teaching Mindfully:

- Stress management + enjoyment
- Optimal Learning Environments
- Individual Student Attunement
Social Neuroscience
Neuro Scientific Sculptors
Behaviour Management ...
Relational Competence

Denmark

North Sea

Norway

Sweden

Baltic Sea

Germany

Copenhagen
“For me as a teacher, the training helped me to wait a little in challenging situations.

It’s not that it takes away the emotions - I can still get very irritated and annoyed - but it helps me to not to react and to keep the feelings to myself and not react on my students.

I think in the long term it’s very helpful for teachers and I guess it makes you more resilient somehow.”

Danish Secondary School Teacher
Body Break
Start Where You Are
Mind Full, or Mindful?
Starting a class/meeting – Being Present

- Choose one class/meeting
- Have everything done early
- Be ready before students/colleagues arrive
- Take a breath
- Greet
- Eye contact
- Take a breath

NWYN
Notice What You Notice
Individual Student Attunement
Taking Care of Teacher
Thank you!

mindwell-education.com

Keep in touch! - Sign up for our newsletter
A LITTLE GUIDE TO MINDFULNESS

MINDFUL TEACHER, MINDFUL SCHOOL
Improving Wellbeing in Teaching and Learning

Packed full of DIY exercises, activities to use in the classroom and links to resources and further reading, this inspiring book will support experienced and new teachers to maintain a healthy work-life balance and thrive as a teaching professional.


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Being a mindful teacher

Watch mindfulness expert Kevin Hawkins explain how mindfulness can truly benefit you as a teacher in this exciting series of videos!

What is Mindfulness?

How can Mindfulness Help?

Mindfulness in the Classroom

Mindful Teacher Tip #1 - ...

Mindful Teacher Tip #2 - ...

Mindful Teacher Tip #3 - ...

mindwell