**Meditation/Mindfulness**

Meditation is being present in the moment with non-judgemental awareness.

**Rationale**

-Nourishes well-being

-Helps in being **Present** in the classroom

**Meditations**

Observing the breath

Counting the breath (1 to 5 on the exhale)

Body scan

Walking meditation

Visualization

Mantra

Passage meditation

Lovingkindness

**Practice**

Daily practice is best. Start with 5-10 minutes a day and work up to 15 -20.

Pick a time when you have the most energy.

**Books**

Hanh, T. H. and Katherine Weare. (2017). *Happy teachers change the world: A guide for cultivating mindfulness in education*. Berkeley, CA: Parallax

Harris, D. (2014). *Ten % Happier: How I tamed the Voice in my Head, Reduced Stress without Losing my Edge and found Self-Help that Actually Works-A True Story*. New York: itbooks.

Miller, J.P. (2014). *The Contemplative practitioner: Meditation in education and the workplace.* Toronto: UT Press.