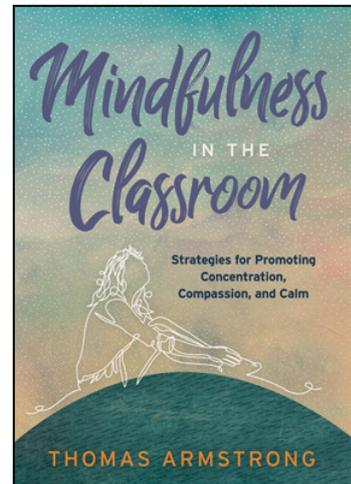


# Mindfulness in the Classroom: Strategies for Promoting Concentration, Compassion, and Calm

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## Summary

In today's schools, students and teachers feel unprecedented – even alarming – levels of stress. How can we create calmer classrooms in which students concentrate better and feel more positive about themselves and others? Author Thomas Armstrong offers a compelling answer in the form of mindfulness, a secular practice he defines as the intentional focus of one's attention on the present moment in a nonjudgmental way.

In *Mindfulness in the Classroom*, Armstrong:

- Explains how mindfulness affects the structure and function of the brain
- Provides an overview of mindfulness as both a personal practice and a classroom methodology
- Shares and explains the extensive research that shows the positive effects of mindfulness practices in the classroom
- Describes how to adapt mindfulness for different year levels, integrate it into regular school subjects, and implement it schoolwide
- Offers guidelines for teaching mindfulness responsibly, without religious overtones.

Dozens of observations from teachers, students, researchers and practitioners provide striking evidence of the power of mindfulness and offer hope to anyone who wants to make classrooms more productive places of learning.

## Other Resources

- *Mindfulness Practices: Cultivating Heart Centered Communities Where Students Focus and Flourish* (SOT8849)
- *Fostering Mindfulness: Building Skills That Students Need to Manage Their Attention, Emotions, and Behaviour in Classrooms and Beyond* (PBP9679)
- *Weaving Well-Being Complete Set* (HB5250)
- *All Learning is Social and Emotional: Helping Students Develop Essential Skills for the Classroom and Beyond* (119033)