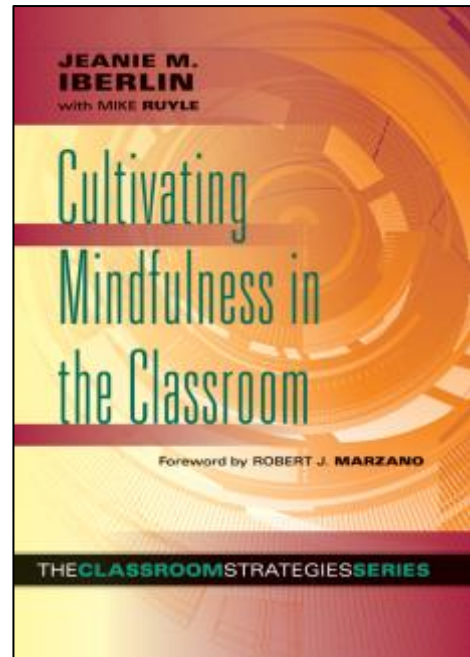


# Cultivating Mindfulness in the Classroom: The Classroom Strategies Series

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## Summary

In *Cultivating Mindfulness in the Classroom*, author Jeanie M. Iberlin and contributor Mike Ruyle advocate that F–12 teachers must use mindfulness practice in the classroom so students know how to cope with their emotions as they learn and grow. They illustrate that mindfulness is an effective, low-cost way for educators to help students manage their stress, focus their brains for extended periods of time and increase their emotional intelligence. Teachers can foster better classroom cultures and higher student achievement when they make students more mindful of their emotions.

Part of *The Classroom Strategies Series*, this clear, highly practical guide follows the series format, first summarising key research and then translating it into recommendations for classroom practice.

## Other Resources

- *Teaching & Assessing 21<sup>st</sup> Century Skills: The Classroom Strategies Series* (MRL2325)
- *Coaching Classroom Instruction: The Classroom Strategies Series* (MRL6741)
- *The Highly Engaged Classroom: The Classroom Strategies Series* (MRL7634)
- *Becoming a Reflective Teacher: The Classroom Strategies Series* (MRL5249)
- *Enhancing the Art & Science of Teaching With Technology: The Classroom Strategies Series* (MRL2823)
- *Formative Assessment & Standards-Based Grading: The Classroom Strategies Series* (MRL4916)
- *Designing & Teaching Learning Goals & Objectives: The Classroom Strategies Series* (MRL3261)