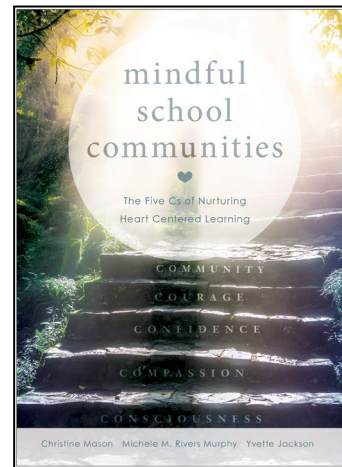


Mindful School Communities: The Five Cs of Nurturing Heart Centered Learning

Author(s): Christine Mason, Michele M. Rivers Murphy and Yvette Jackson

Date Available: April 2020
ISBN: 978 1 76094 102 4
Code/SKU: SOT1024
RRP: \$44.95
Format/Page No.: B5, 232 pages
Year Level: Teachers and Administrators
Focus Area: Professional Development
Key Learning Area: Cross-Curricular
Supplemental Resource: Download reproducible resources at go.hbe.com.au



Summary

Schools that are compassionate, caring and community centred create healthier, more successful students. As such, in *Mindful School Communities: The Five Cs of Nurturing Heart Centered Learning*, authors Christine Mason, Michele M. Rivers Murphy and Yvette Jackson offer an in-depth guide to the five Cs – (1) consciousness, (2) compassion, (3) confidence, (4) courage and (5) community – built on a wealth of research, including an original, tested tool that assesses a school's efforts toward compassionate action.

With this book, F–12 teachers and school leaders will:

- benefit from exercises that infuse social-emotional learning into the academic curriculum across subjects and grade levels
- discover historical examples of consciousness, compassion, confidence, courage and community, with ideas for incorporating them into classwork
- become familiar with different ways educators have implemented Heart Centered Learning in their schools and classrooms
- work with numerous exercises, activities, strategies and mindsets that mix vulnerability and strength to ameliorate trauma
- learn ways to assess the five Cs factors, including the research-based S-CCATE, to provide evidence for what might seem unquantifiable.

Other Resources

- *Mindfulness Practices: Cultivating Heart Centered Communities Where Students Focus and Flourish* (SOT8849)
- *Mindfulness in the Classroom: Mindful Principles for Social and Emotional Learning* (PRU0218)
- *Mindfulness in the Classroom: Strategies for Promoting Concentration, Compassion and Calm* (120018)
- *The Mindful Teacher, Second Edition* (TCP0065)
- *Fostering Mindfulness: Building Skills That Students Need to Manage Their Attention, Emotions, and Behavior in Classrooms and Beyond* (PBP9679)