

Creating a Mindful Learning Community – 2017

Mindfulness is being aware of the present moment with kindness.

Why do we need it?

“Toxic” Stress...when life’s demands consistently “out pace” our ability to cope with those demands.

Students: impairs attention, sleep, mood regulation, and learning readiness. Toxic stress has lifelong impacts on health.

Teachers: leads to decreased productivity and creativity. Can lead to frustration, anxiety, and even burnout.

Parents: leads to a “to do” list parenting style vs. an empathetic, present-centered relationship with their child.

Benefits of Mindfulness in Education:

- improves **attention** and **focus**
- teaches **emotional regulation**
- increases **awareness** and **adaptability**
- grows **compassion** for self and others
- **calms the body and mind**
- improves **resilience** and gives greater **balance**

Minneapolis Public Schools promises an education experience for all learners to acquire the tools and skills necessary to confidently engage in the global community. Mindfulness is one of these essential life skills that every child has a right to learn.

We are confident this project, “Creating a Mindful Learning Community” will benefit the students, staff, and families of the Burroughs Community and will serve as a “launching pad” for further exploration of Mindfulness in Minneapolis Public Schools and our greater community.