Welcome to Today's EdChat

A few housekeeping items before we begin:

1. Please open the Chat feature on the right and type in your name and hospital name.

2. We want this webinar to be as interactive as possible. Please ask questions at the end of the presentation or contribute as appropriate throughout the webinar. We all learn from each other and want to network during this time.

3. Unless you are speaking,

   PLEASE PUT YOUR PHONE ON MUTE.
Mindfulness in the classroom

MINDFUL PRESENCE: ONE’S IDEAL LEARNING SPACE
Stop your worrying, panicking and stressing.

**Breathe.**

Remember, you made it this far through difficulties that seemed impossible. Remember how many times you were saved at the very last minute — this time is no different.

— **BRYANT MCGILL**
START WITH “THE BREATH”

- Keep it simple
- Pay attention to your breath
- Kids can tune in with The Breath
- Learning to relax with breathing
- Feel the experience: find one’s still, quiet place
- Focus on the Here and Now
**BREATHING TECHNIQUES**

- Simple: deep breath, fill your lungs, allow your chest to rise, hold. Then breathe out, like you are blowing out birthday candles.

- Repeat 3 times

- Yoga breathing; breathe in, breathe out with your mouth closed; feel the warmth build up

- Breathe in all good, breathe out all that does not serve you well.
What if your students had
“real life super powers?”
Preform better in classroom
Were nicer, kinder friends
Have sharper brains
Make wiser choices
Calm down in stressful situations
CONTEMPLATIVE PEDAGOGY

- Integration of meditative practices into higher education facilities enhances traditional education goals and such as improved cognitive and academic performances.
- Development of whole person, increasing capacities of creativity, empathy, compassion, interpersonal skills and self-awareness.
- Mindfulness such as breathing exercises helps students focus, be “present” for lessons and enjoy their studies while excelling in grades.
- This quality of conscious awareness helps students to integrate qualities that can be life-changing.
THE IMPORTANT TOOL OF MINDFULNESS

- Being Mindful, being “in the moment” is the key!

- This one tool is reflected in all areas of study
- Kids have the ability to self-regulate
- Calming down = better attention in classroom
CHILDREN ARE OPEN-MINDED & RECEPTIVE

- A few minutes of breathing and paying attention to the moment can make a difference.

- Practicing simple “Yoga” breathing can help kids have better attention, awareness, gratitude and happiness.
IN HAWAII: HA BREATHING

- The HA breath is the life force of Hawaiian spirituality. It is the key to good health and used to pass down mana or spiritual power, wisdom and knowledge for self or onto others. It is the basis for life or ola. It is also used in saying hello to a person, to exchange HA is a action of respect and aloha that is used to share with one another. The HA can also be used to ground oneself for meditation so that personal mana can be brought to self.
PASS IT ON!

Mindfulness at a Camp for Kids with Cancer.
Mindfulness and meditation exercises are helping the next generation get an edge in the classroom.

Here’s what Evidence Based Practice and Research says!
Fourth and Fifth graders who participated in mindfulness program showed better social behavior than their peers and were less aggressive and better liked.
The mindful group has math scores 15% higher than their peers.
In a separate study, 41% of meditation middle schoolers gained at least one level in math on state standardized test.

~ Education
Even third graders get “Zen”. Eight weeks of mindfulness and yoga resulted in fewer ADH symptoms and less hyperactivity---and the effects lasted for months and after the program ended.

~Journal of Positive Psychology
Three years after a Transcendental Meditation program was implemented at a troubled middle school, suspension rates dropped from 28% to 4% and teacher turnover plummeted.

~David Lynch Psychology
LESS DEPRESSION

Just nine lessons of a mindfulness program led to lower depression scores, less stress and improved well-being in British kids 12-16, compared with students who didn't participate in the program.

~British Journal of Psychiatry
At an elementary school in Richmond, California, teachers reported better focus, self-control, class participation, and peer respect in kids who followed a mindfulness program, compared with their levels before the program.

~Journal of Clinical Family Studies
PEACE AND TRANQUILITY
TOOLS

- One-minute Meditation
- Tree Meditation: Rooted to the Earth, Rising to the Heavens
- Guided Meditation with the Raisin
- Mindful Beads
- Gratitude Thoughts/Journaling
- “Beholding Art”
- Reading Aloud
Find a spot in a quiet area and sit comfortably. Open yourself. Close your eyes, listen to your HA and be in the present…Ho’omakaukau, start.

1. Slowly inhale deeply through your nose (Hanu Mai)
2. Slowly exhale deeply through your mouth (Ho’ku’u).
CLASS ROOM EXPERIENCE EXAMPLE

- Use of meditation for one minute before the beginning of class lessons.
- Timing
- Breathing
- Take them away with an image
The practice daily meditation by teacher
Use of breath and grounding before the start of a lesson
Thoughtfulness breathing while listening
Calm energy and speech
A smile works every time
Contagious humor is good
HEART CENTERED SUPER-POWER
“Meditation cultivates loving-kindness and compassion---it gives us a way to move closer to our thoughts and emotions and to get in touch with our bodies.

It is our vehicle for learning to be a truly loving person.”
Sit here...breathe for a while.
MINDFUL BREATHING

In, out
Deep, slow
Calm, ease
Smile, release
Present moment, wonderful moment.

...THICH NHAT

HANH
MINDFUL STUDENTS=

GOOD things ARE GOING to HAPPEN
QUESTIONS?
Integrative Services

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