

A GUIDE TO PEACEFUL MOMENTS IN A BUSY DAY

MINDFULNESS PRACTICES FOR TEACHERS

This resource aligns
with Principle 10:

Foster Focus

[Purpose]

Design spaces that reduce distractions and guide students toward calm, focused learning.

How to Use This Resource

- * **Start small:** Choose one practice to try each day.
- * **Personalize your approach:** Adapt exercises to fit your schedule and preferences.
- * **Consistency is key:** Regular mindfulness leads to long-term benefits.



QUICK MINDFULNESS EXERCISES



Breath Awareness

Sit comfortably, close your eyes, and focus on your breath. Count each inhale and exhale up to ten, then start again. This can quickly calm your mind.

5 min



Tense and Release

Tighten your muscles, starting from your toes and working up to your head. Hold for a few seconds, then release. This reduces physical stress.

3 min

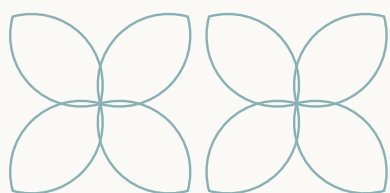


Gratitude Pause

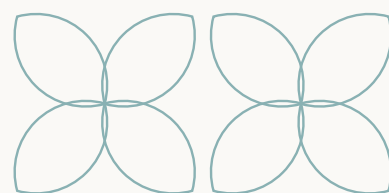
Reflect on three things that went well today, big or small. This practice boosts positivity.

2 min





GUIDED JOURNALING



- What made you smile today?

- Describe a challenge and how you overcame it.

- List three things you're grateful for in your teaching journey.



Visualization Scripts

Relaxation visualization:

Close your eyes and take a deep breath. Picture yourself in a peaceful forest. The sunlight filters through the leaves, creating a calming glow. You hear the soft rustling of the trees and the chirping of birds. With each inhale, feel the fresh air fill your lungs. With each exhale, release tension and stress. Stay here for a moment, letting this calmness envelop you.

Positive teaching day visualization:

Imagine a perfect teaching day. Your students are happy, working, your lessons flow effortlessly, and you feel a deep sense of fulfillment. Visualize the smiles of your students, the collaborative energy in the room, and your own sense of calm and confidence. Hold on to this image as a reminder of the joy teaching brings.

CALM CORNER IDEAS

- Small table or surface for items
- A small plant for greenery
- Soft lighting or a calming lamp
- Personal artifact (photo frame, favorite book, or journal)
- Inspirational quote or a jar of motivational notes
- Noise-canceling option with flowers and/or diffuser with calming scents
- A comfortable chair, armchair, cushion, soft blankets, and a cozy rug for added comfort

Teaching is more than a profession; it's a journey of growth and care. Prioritize your well-being and rediscover the joy in teaching with these mindfulness practices.