

# Becoming **mindful teachers** to **enhance learning** and **improve** **performance**



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## Outline:

- What is Mindfulness?
- 2 **sample** meditations
- Mindfulness in the classroom - reconstruction and discussion
- Q&As



# What is Mindfulness?



Regarding **mindfulness**, **Thich Nhat Hanh** states, "I define **mindfulness** as the practice of being fully present and alive, body and mind united. **Mindfulness** is the energy that helps us to know what is going on in the present moment."



***Mindfulness is...***

**1. ...mindfulness of something**

**2. ...mindfulness of something *in the present moment***

**3. ...a conscious decision**

**4. ...a nonjudgmental awareness**

**5. ...developed *like a muscle***



# Mindfulness Meditation Sample 1

- listening to the bell
- bringing mind and body together



- aware of I & O
- follow I & O
- I deeper, O slower
- mind calm, body at ease
- gentle smile (yoga), release tension



# Mindfulness Meditation

## Sample 2

Pebble Meditation (suitable for children)

- **flower** ○ beauty/freshness
- **mountain** ○ solidity/stability
- **still water** ○ reflecting things as they are
- **space** ○ freedom



## Mindfulness in the classroom

- Letting go
- Inviting positive seeds
- Mindfulness-based Joy
- Concentration
- Insight





## Letting go

- we are so bound
- courage
- joy and happiness result, without having to search



## Inviting positive seeds

- which ones do we water regularly?
- hell vs paradise
- good food for our mind
- taking care of suffering by inviting a seed of the opposite nature
- no need to fight



## Mindfulness-based Joy

- helps get in touch the wonders of life, including our body
- conditions for happiness
- an energy you can generate all day long, while carrying out daily activities



## Concentration

- has the power to break through, to burn away afflictions
- allows joy and happiness to come in
- it takes concentration to stay in the present moment
- distractions are ready to take us away
- with concentration, lots of energy
- but not hard labour - no strain - light and easy



## Insight

- seeing what is there
- clarity which liberates us from being hooked
- we have it, but we don't make use of it
- transforming suffering into happiness



## Useful links:

<http://plumvillage.org/>

<https://www.youtube.com/user/plumvillageonline>

<https://www.tarabrach.com/>

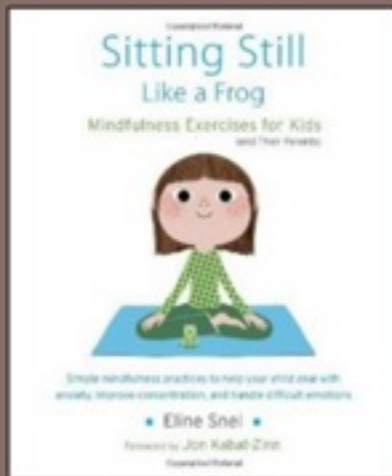
<http://pemachodronfoundation.org/>

<http://www.bodhipaksa.com/>

<https://www.eckharttolle.com/>

<http://www.dalailama.com/>

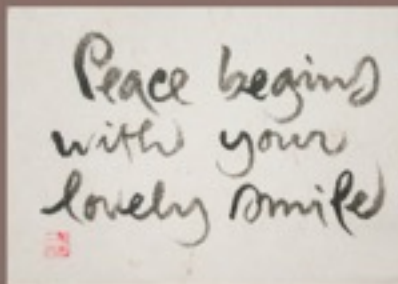




**Thank you very much**

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(Thich Nhat Hanh Calligraphy)



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