

**The Mindful Classroom: Stress Reduction for Teachers and Students**  
**Alison Wilcox-Lanfear**

<b>WEEK#1</b>				
<b>OUTCOME</b>	<b>ACTIVITY</b>	<b>ASSESSMENT</b>	<b>NYS STANDARDS</b>	<b>TIME</b>
Students will introduce themselves and create a comfortable learning community.	Create an Electronic Name Badge	Post to Electronic Name Badge forum	N/A	<b>10 minutes</b>
Students will understand the course objectives and expectations.	Read course syllabus, roadmap and policy	Post to Course syllabus, roadmap and policy	N/A	<b>10 minutes</b>
Students will identify stressors in self and in students which may impede learning and a productive classroom atmosphere.	Complete Personal and Classroom Stress Evaluations	Post "I have completed it"	<b>Personal Health and Fitness:</b>	<b>10 minutes</b>
	Review and discuss lecture notes on definition and physiology of stress, and its context in education	Post three effects that stress can have on students' learning and classroom atmosphere (including personal example). Comment warm and cool for at least one other participant.	<ul style="list-style-type: none"> <li>know how basic body systems work and interrelate in normal patterns of growth and development</li> </ul> <b>Science-Living Environment</b> <ul style="list-style-type: none"> <li>describe the factors that help promote good health and growth in humans</li> </ul>	<b>1 hour</b>
	Assignment: "Brainstorming stressors in teachers and students"	Post and discuss in "Brainstorming Stressors"	<b>Personal Health and Fitness:</b>	<b>30 minutes</b>
	Case study: Create course journal. Entry #1: Personal and Professional stressors	Post online journal to course instructor listing at least 5 personal and 5 professional stressors	<ul style="list-style-type: none"> <li>know the components of personal wellness (nutrition and weight control, disease prevention, stress management, safety, and physical fitness)</li> </ul>	<b>30 minutes</b>
			Weekly Total	<b>2 hrs, 30 mins</b>

<b>WEEK #2</b>				
<b>OUTCOME</b>	<b>ACTIVITY</b>	<b>ASSESSMENT</b>	<b>NYS STANDARDS</b>	<b>TIME</b>
Students will identify stressors in self and in students which may impede learning and a productive classroom atmosphere.	Course Project: "My Mindful Classroom" A) Outline Personal and Classroom Objectives B) Choose focus group of students for duration of course C) Give feedback to participants	Post response in "My Mindful Classroom"  Post warm and cool response to at least one other participants' assignment	<b>A Safe and Healthy Environment</b> <ul style="list-style-type: none"> <li>describe aspects of a nurturing and safe environment for self and others</li> </ul>	<b>1 hour</b>
Students will learn and apply mindfulness-based stress reduction techniques	Review and discuss articles "Mindfulness Training for Teachers" and "Life in the Mindful Classroom"  Download audio clip of "Teacher Contemplation" exercise Listen to audio once a day for at least 3 days	Post most compelling issue raised for A) students and B) teachers Post warm and cool response to at least one other participants' response  Post in online journal to instructor: observations from completing the exercise	<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.</li> </ul>	<b>1 hour</b>  <b>30 minutes (15 minutes for exercises, 15 minutes for journal entry)</b>
			Total	<b>2 hrs, 30 minutes</b>

<b>WEEK#3</b>				
<b>OUTCOME</b>	<b>ACTIVITY</b>	<b>ASSESSMENT</b>	<b>NYS STANDARDS</b>	<b>TIME</b>
Students will learn and apply mindfulness-based stress reduction techniques: breathing/meditation/visualization	Review and discuss article “Buddhism on the Brain” and lecture notes on visualization and breathing exercises	Post answers to discussion questions on the implications of the articles for student learning and teacher/ student stress Provide a warm and cool comment on at least one other participants’ response	<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>recognize the mental, social, and emotional aspects of good health</li> </ul> <b>Resource Management:</b> <ul style="list-style-type: none"> <li>recognize how cultural beliefs influence health behaviors and the use of health services</li> </ul>	<b>1 hour</b>
	Download the audio of MBSR exercises and complete all activities.	Post in online journal to instructor: observations from completing the exercises	<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>practice techniques to help reduce stress</li> </ul>	<b>35 minutes</b>
Students will be able to assess which of the methods can be most successfully applied to specific stressors in self and in their students	“My Mindful Classroom” Project: Selecting exercises which are most suitable for the needs of focus students and incorporating into lesson plans with regard to	Post Classroom Project entry on specific applications of MBSR techniques	<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>apply decision making process to dilemmas related to personal health.</li> </ul>	<b>45 minutes</b>
Enhance academic performance of those with stress	A) student learning		<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>recognize the mental, social, and emotional aspects of good health</li> </ul>	
Promote cooperation and team building in the classroom and in life	B) classroom atmosphere		<b>A Safe and Healthy Environment</b> <ul style="list-style-type: none"> <li>identify ways to care for and show respect for self and others</li> </ul>	
				<b>2 hrs, 20 minutes</b>

<b>WEEK #4</b>				
<b>OUTCOME</b>	<b>ACTIVITY</b>	<b>ASSESSMENT</b>	<b>NYS STANDARDS</b>	<b>TIME</b>
Students will learn and apply mindfulness-based stress reduction techniques: yoga	Review and discuss articles “Schools reach for yoga to calm and collect students” and “Focusing on ADD”	Post answers to discussion questions on the implications of the articles for student learning and teacher/ student stress Provide a warm and cool comment on one other participants’ response	<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>understand the relationship between physical activity and individual well being.</li> <li>accept physical activity as an important part of life: Self-renewal, productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health-care costs are understood as benefits</li> </ul>	<b>1 hour</b>
Students will assess which of the methods can be most successfully applied to specific stressors in self and in their students	Download the Classroom Yoga poses (K-6) or (7-12) Follow and practice the warm-up and exercises (to best of physical ability)	Post in online journal to instructor: observations from completing the exercises	<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>demonstrate and assess their fitness by performing exercises or activities related to each health-related fitness component, and establish personal goals to improve their fitness</li> </ul>	<b>35 minutes</b>
Enhance the academic performance of those with stress	“My Mindful Classroom” Project: A) Select yoga exercises which are most suitable for the needs of focus students and incorporating into lesson plans with regard to A) student learning	Post Classroom Project entry on specific applications of yoga techniques	<ul style="list-style-type: none"> <li>recognize the mental, social, and emotional aspects of good health</li> </ul>	<b>1 hour, 15 minutes</b>
Promote cooperation and team building in the classroom and in life.	B) classroom atmosphere		<b>A Safe and Healthy Environment</b> <ul style="list-style-type: none"> <li>understand the role of physical activity, sport, and games as a balance between cooperative and competitive behaviors and as a possible arena in which to develop and sharpen leadership and problem solving skills, and understand the physical, emotional, and social benefits of participation in physical activities.</li> </ul>	
			<b>Weekly Total</b>	<b>2 hrs, 50 minutes</b>

<b>WEEK # 5</b>				
<b>OUTCOME</b>	<b>ACTIVITY</b>	<b>ASSESSMENT</b>	<b>NYS STANDARDS</b>	<b>TIME</b>
<p>Learn and apply mindfulness-based stress reduction techniques: labyrinth tracing</p> <p>Students will assess which of the methods can be most successfully applied to specific stressors in self and in their students</p> <p>Enhance the academic performance of those with stress</p> <p>Promote cooperation and team building in the classroom and in life.</p>	<p>Review and discuss lecture notes on walking and tracing labyrinths in US schools</p>	<p>Post answers to discussion questions on the implications of the articles for student learning and teacher/ student stress Provide a warm and cool comment on at least one other participants' response</p>	<p><b>Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>Students will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.</li> </ul>	<b>1 hour</b>
	<p>Download Chartres and Classical labyrinth models. Slowly trace each labyrinth from outside in, and inside out.</p>	<p>Post in online journal to instructor: observations from completing the exercises</p>	<p><b>Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>practice techniques to help reduce stress</li> </ul>	<b>20 minutes</b>
	<p>“My Mindful Classroom” Project: A) Assessing appropriateness of labyrinth-tracing for the needs of focus students and incorporating into lesson plans with regard to</p>	<p>Post Classroom Project entry on assessment of labyrinth-tracing for needs of focus students</p>	<p><b>Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>apply decision making process to dilemmas related to personal health.</li> </ul>	<b>1 hour, 15 minutes</b>
	<p>A) student learning</p> <p>B) classroom atmosphere</p>		<p><b>Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>recognize the mental, social, and emotional aspects of good health</li> <li>develop leadership, problem solving, cooperation, and team work by participating in group activities.</li> </ul>	
			<b>Total</b>	<b>2 hrs, 35 minutes</b>

<b>WEEK #6</b>				
<b>OUTCOME</b>	<b>ACTIVITY</b>	<b>ASSESSMENT</b>	<b>NYS STANDARDS</b>	<b>TIME</b>
Enhance the academic performance of those with stress	Post and discuss completed lesson plans and share observations based on students' learning	Post at least one lesson plan and comment on observations of use in the classroom Comment on at least one other participants' lesson plan – warm and cool	<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>recognize the mental, social, and emotional aspects of good health</li> </ul>	<b>50 minutes</b>
Promote cooperation and teambuilding in the classroom and in life.	Discuss: A) how stress level/ well-being of the class teacher affects classroom atmosphere B) results in personal lives from practicing MBSR techniques C) results in classroom, specific to cooperation and team building D) How can MBSR be used in the classroom to promote cooperation and team building?	Post responses to discussion questions. Post one warm and cool comment to at least one other participant's response	<b>Personal Health and Fitness</b> <ul style="list-style-type: none"> <li>know the components of personal wellness (including stress management), establish a personal profile with fitness/wellness goals, and engage in appropriate activities to improve or sustain their fitness</li> </ul> <b>A Safe and Healthy Environment</b> <ul style="list-style-type: none"> <li>develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others</li> </ul> <b>Social Studies</b> <ul style="list-style-type: none"> <li>participate in school/classroom/ community activities that focus on an issue or problem</li> </ul>	<b>1 hour</b>
	Complete Classroom and Personal Stress Evaluations	Post "I have completed it"	<b>Resource Management</b> <ul style="list-style-type: none"> <li>analyze a wide range of factors related to managing personal resources to balance obligations to work, family, and self</li> </ul>	<b>10 minutes</b>
	Course Evaluation	Submit evaluation		<b>15 minutes</b>

			Weekly Total Course Total	<b>2 hrs, 25 minutes</b> <b>15 hours</b>
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