

The Mindful Classroom: Stress Reduction for Teachers and Students

Dates of Course:

This course is set to run: (TBD)

Course Description:

With the increased standards and demands of our education system, as well as a faster-paced lifestyle, teachers and students are incurring greater stress. Stress has been proven to negatively affect concentration, behavior, performance and overall health. Therefore, it grows increasingly important for teachers to practice and model effective ways to prioritize and deal with stressors.

In this course, teachers will learn mindfulness-based stress reduction techniques which will prevent stress, promote a calming atmosphere in the classroom and improve students' concentration. Students who are relaxed have been shown in studies to earn higher grades, get sick less, and have better behavior. Using mindfulness-based stress reduction techniques will enhance teachers' own job satisfaction and greatly improve their ability to manage the classroom and promote academic success.

Course Objectives:

To increase students' self esteem, academic achievement and overall wellness, and to retain effective and motivated teaching staff.

Participants will be able to:

1. Identify stressors in self and in students which may impede learning and a productive classroom atmosphere.
2. Learn and apply mindfulness-based stress reduction techniques including breathing, meditation, visualization, yoga and labyrinth-tracing
3. Assess which of the methods can be most successfully applied to specific stressors in self and in students.
4. Enhance the academic performance of those with stress.
5. Promote cooperation and team-building in the classroom and in life.

NYS Standards Addressed:

Personal Health and Fitness:

- know how basic body systems work and interrelate in normal patterns of growth and development
- 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.
- recognize the mental, social, and emotional aspects of good health
- practice techniques to help reduce stress
- apply decision making process to dilemmas related to personal health.
- understand the relationship between physical activity and individual well being.

- 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
- 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
- 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.

A Safe and Healthy Environment:

- develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others
- describe aspects of a nurturing and safe environment for self and others
- identify ways to care for and show respect for self and others
- develop leadership, problem solving, cooperation, and team work by participating in group activities

Resource Management:

- recognize how cultural beliefs influence health behaviors and the use of health services
- analyze a wide range of factors related to managing personal resources to balance obligations to work, family, and self

Science-Living Environment

- describe the factors that help promote good health and growth in humans

Social Studies

- participate in school/classroom/community activities that focus on an issue or problem

Contact Information:

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Technical Assistance: 1-800-462-9041 between 9 AM and 5 PM Monday through Friday

Prerequisite Skills/Requirements:

You will need to be able to open/create documents in Microsoft Word, have an available email account, and access to Internet Explorer. To hear/view class exercises, you will also need Real Audio, Quicktime, or Media Player.

Road Map:

See separate document entitled “Road Map”

Policies:

See separate document entitled “Policies”

Recommendation for in-service credit:

Students will receive recommendation for full in-service credit if:

- ◆ All assignments and discussions are completed by the assigned due date
- ◆ All assignments and discussions are at a satisfactory level or higher
- ◆ Student abides by all course policies