Mindfulness and the beginning teacher

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Abstract
Teaching is stressful. A number of studies have demonstrated that teachers are not coping in the classroom and many are leaving the profession (Viola, 2009). To promote self esteem and self efficacy for beginning teachers and to help them cope with the stress and isolation prevalent in the first... Read more

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This article reviews a hermeneutic phenomenological study of five beginning teachers who were introduced to mindfulness during their initial teacher education programme. The participants kept fortnightly journals and engaged in three interviews with the researcher to assess the benefits of using mindfulness during the first year of teaching. The participants in this study discovered through their lived experiences of using mindfulness in their first year of teaching that their personal wellbeing was enhanced, stress was reduced, and they could focus greater attention on their lesson planning.

We can all benefit from a bit of mindfulness, whether we are really just starting out (as in, today) or whether we’re a bit more experienced. This is true for students, too. For example, a study in the journal Education focused on teaching meditation to at-risk youth. It found that incorporating daily meditation was a feasible method of stress reduction, and it may help improve learning. Start by asking them to pay attention to the way their bellies expand as they breathe slowly in through their noses and the way their bellies come in as they breathe slowly out through their noses. Next, start describing a physical environment for them to imagine, like a beach or a meadow. Keep adding details for them to think about and imagine as you go through the mindfulness practice.

Mindfulness is one of the major necessities in modern education. Learn effective ways to teach mindfulness in school for students. This way, you can prepare students to grow up to become a confident person with confident self-awareness and the awareness of their surroundings. Previous 27 Facts about Pollution For Kids. Next 21 Funny Birthday Wishes for Teacher. 2. Mindfulness Sound Game. Have the child or children begin by focusing on their breathing (as above). After about five breath cycles, tell the children they're going to hear a sound, and that they should focus on this sound as it gets softer and softer. Instruct them to raise their hand when they no longer hear the sound. Play a sound for the children. Have them chew slowly for 20 or 30 seconds, asking them to notice the taste and the texture. Repeat five cycles of breathing, then repeat with another bite if desired. 4. Walking Mindfully. Eventually you'll want to show the kiddies that mindfulness is not just for sitting still. Go for a short walk with them and teach them to be mindful while in motion. Mindfulness & Wellbeing for Teachers, Steiner stream. Vulnerable students! Some of my current work aimed at furthering this approach! [Show full abstract] of teaching mindfulness and contemplative practices. This is my story of teaching MindBody Wellness practices to undergraduates and graduates at Australia's largest university, RMIT University.