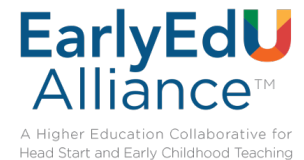


Mindfulness: A Resilience Practice



Overview

This module will focus on practices to:

- Help teachers manage stress and build resilience.
- Pause and focus on the present moment.
- Teach children to pause and use their senses to focus on what is happening in the current moment.



**By the end of this module,
you should be able to:**

- Describe negative and positive impacts of stress.
- Use mindfulness practices that lead to calm and centered states.
- Lead children in a mindfulness practice.

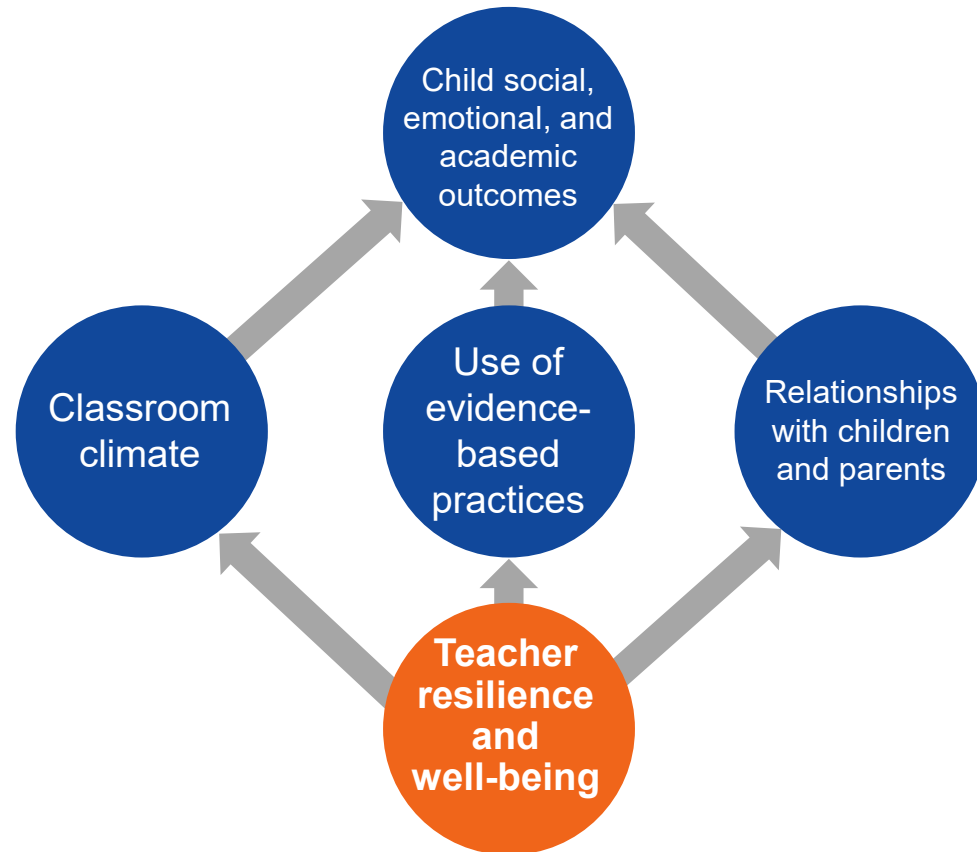
Intentional Teaching Framework



Head Start Early Learning Outcomes Framework

CENTRAL DOMAINS					
	APPROACHES TO LEARNING	SOCIAL AND EMOTIONAL DEVELOPMENT	LANGUAGE AND LITERACY	COGNITION	PERCEPTUAL, MOTOR, AND PHYSICAL DEVELOPMENT
▲ INFANT/TODDLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication	Cognition	Perceptual, Motor, and Physical Development
● PRESCHOOLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication	Mathematics Development	Perceptual, Motor, and Physical Development
			Literacy	Scientific Reasoning	

Teacher Resilience = Child Outcomes



Managing Stress

Teaching, Caring, and Stress





What is stressful about your work as an early childhood educator?

- Turn and exchange ideas with a partner.
- Be ready to share your thoughts with the larger group.

Top Five Stressors for Teachers



- Challenging behavior
- Isolation from colleagues
- Interactions with upset parents
- Insufficient resources
- Life stressors outside of the job

What is Stress?

Definition:

- **Homeostatic balance** (a state of homeostasis): Having an ideal body temperature, an ideal level of glucose in the bloodstream, an ideal everything
- **Stressor**: Anything that knocks you out of homeostatic balance

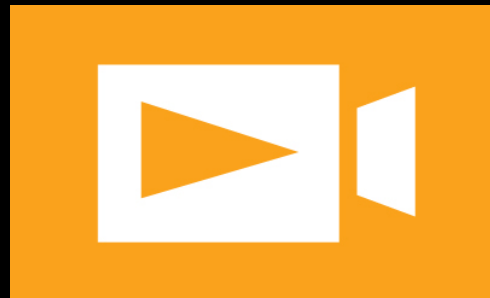


VIDEO

The Yerkes-Dodson Law

Think about these questions while watching the video:

- When does stress have a positive impact?
- When does it impact negatively?



VIDEO: The Yerkes Dodson Law



Video Debrief

- When stress is moderate and manageable, it affects a person's performance positively.
- When it is too intense, people become exhausted and disorganized and their performance plummets.

What is *Manageable Stress*?



Pause for a moment to think about what manageable stress—**stress that puts you in prime condition for doing effective work—**is for you.

Impacts of Intense Stress



Too much stress or poor stress management impacts the mind and body, causing heavy **allostatic load**.

Some Effects

Body	Mind	Behavior
<ul style="list-style-type: none">• Headache• Muscle tension or pain• Cardiovascular issues• Fatigue• Change in sex drive• Stomach upset• Sleep problems	<ul style="list-style-type: none">• Anxiety• Restlessness• Lack of motivation• Memory issues• Irritability or anger• Sadness or depression	<ul style="list-style-type: none">• Angry outbursts• Avoidance of key activities• Overeating or undereating• Social withdrawal• Drug or alcohol abuse



Goal is Resilience

Resilience is the ability to survive and thrive in the face of life's daily ups and downs, *curve balls*, and stressors.

We Can All Become Resilient



Resilience does not require something rare or special—it's **ordinary magic**.

Some Steps Toward Resilience

- Develop helpful and **optimistic thinking**.
- Seek **social support**.
- Get good **sleep**.
- Clarify **values** and doing what matters.
- Manage **emotions effectively**.
- Engage in **physical activity**.
- Use **mindfulness** practices.
- Purposefully practice **gratitude**.
- Make time for **recreation** and **relaxation**.

Using Mindfulness Practices

What is Mindfulness?



“The **awareness** that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.”

(Kabat-Zinn, 2003, p. 145)

Scientific Benefits

- **Concentration** and clarity in thinking
- Increased **calmness**
- More skillful **response to difficult situations**
- Increased **empathy** and understanding of others
- **Decreased stress** and anxiety
- Enhanced **physical health**

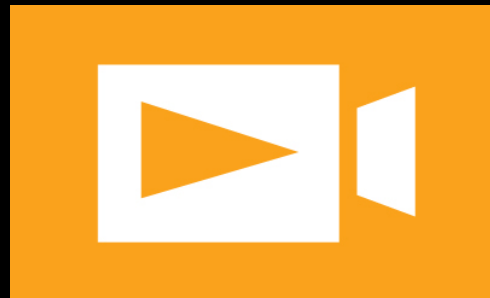


VIDEO

The Benefits of Mindfulness

While you are watching this video, think about these questions:

- What are the benefits of mindfulness for you?
- What are the possible impacts for the children you work with?



VIDEO: The Benefits of Mindfulness



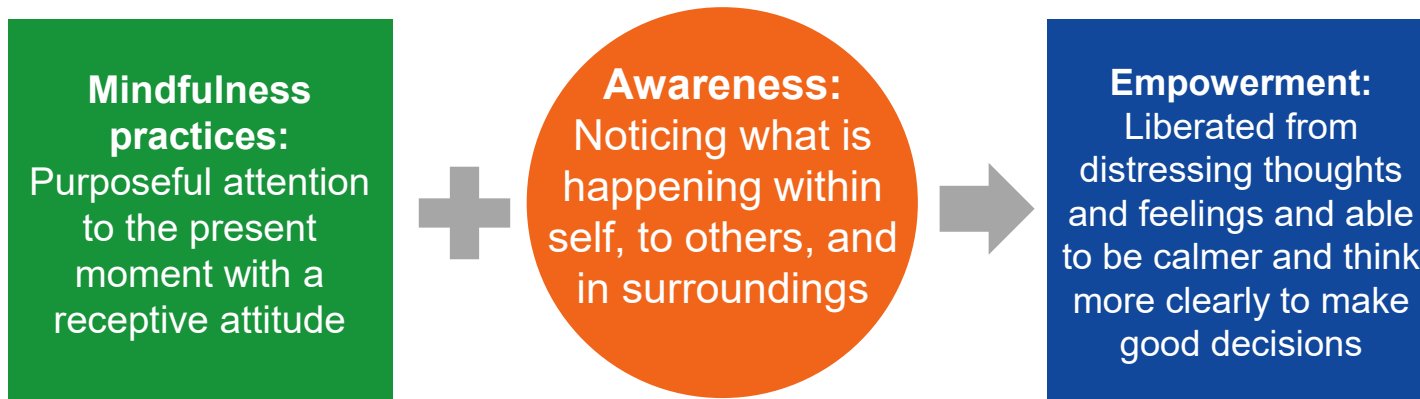
VIDEO

Video Debrief

Using mindfulness practices, teachers can:

- Be calmer and better observers of children.
- Have a more positive affect, which impacts the mood in the classroom.
- Respond to challenges more calmly.

How Mindfulness Works

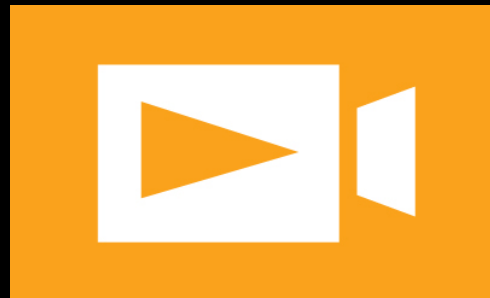




Notice Five Things

While you are watching the video, think about these questions:

- What are the elements of the strategy?
- Where can you do this practice?
- What is its purpose?



VIDEO: Notice Five Things



Video Debrief

- Notice five things you can see, hear, and connect with your body.
- You can do this practice in the classroom or, really, anywhere.
- The purpose is to practice becoming calm and centered.



LEARNING
ACTIVITY

Notice Five Things

Pause, sit quietly, and think about:

- Five things you can see.
- Five things you can hear.
- Five things that connect with your body.

Bringing It All Together



**SESSION
SUMMARY**

- Manage stress well to build your resiliency and better observe and respond to children.
- Use mindfulness practices as one way to remain calm and centered.
- Teach these practices to children in addition to using them yourself.



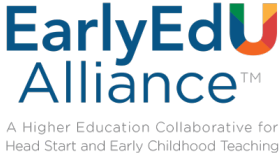
Choose One: Mindfulness Practices

- Watch the videos showing mindfulness practices or read about them on the handout.
- Choose one.
- Try one at least once while in or out of the in the classroom during the next week.
- Reflect on the experience.



Notice Five Things with Children

1. Review the steps to the mindfulness practice *Notice Five Things*.
2. Set up your video camera to film your lesson with children.
3. Lead children in the activity.
4. Review the recording and reflect on the experience and children's responses.



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