



← Experiencing Joy

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Details

This short mindfulness practice is linked to the CASEL competency of self-awareness.

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Effort Level: Low



Tags:

Domain: Social-Emotional Learning

Focus Area: Teacher and Staff Well-being

Curriculum Partner: CREATE

Tier:

Developmental Stages: Adult

Evaluation Levels: Evidence-Based

Goal

The goal of this audio-guided mindfulness practice is to both improve educator well-being as well as build self-awareness skills, or the abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

Action

Research shows that cultivating social and emotional skills can help lessen [burnout and turnover](#) and increase [job satisfaction](#) in both teachers and [principals](#). In addition, these skills can also help improve [relationships with students](#), leading to higher [academic achievement](#).

Instructions:

[Click here](#) to play a recording of this guided mindfulness exercise.

Implementation Tips:

- Please note that this mindfulness practice is developed specifically for teachers to use for themselves, not with/for their students.)

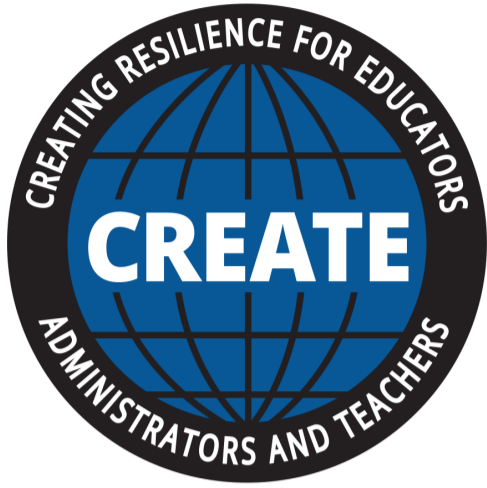
Why this works

[There is convincing research](#) to show that when adults use mindful practices, they can increase their ability to create healthy and caring student-teacher and teacher-teacher relationships.

Curriculum Partner

CREATE

Founded by CASEL Board Member Mark Greenberg, CREATE is a non-profit focused on serving educators with evidence-based programs and practices to nurture healthy and caring school communities.



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