



← Self-Awareness Mindfulness Practice

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Details

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

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Move match: ?



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

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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