



Mindfulness in Education

Course Syllabus

Course Description

Practicing mindfulness assists all individuals. When practicing mindfulness in education, teachers must recognize their emotional patterns while proactively regulating how they behave and respond appropriately. Mindfulness in education provides many positive benefits such as increased attention and focus, achieving effective emotional regulation, the ability to empathize and take perspective, decreased stress, and many others. Research discovers that mindfulness correlates with better academic performance and provides a better environment. Professionals who take this course will develop valuable methods within the classroom.

Students will achieve best practices in the mindfulness approach in completing this course. They will be able to apply mindfulness in various areas of their lives while experiencing mindful practices and the powerful benefits.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in evidence-based mindfulness practices that enhance emotional regulation, reduce stress, improve classroom environments, and support both personal well-being and professional effectiveness in education.

Course Objectives

This professional development course aims to provide educators with the necessary skills to practice mindfulness and recognize emotional patterns that proactively assist in regulating behavior and reaction. Mindfulness in the classroom incorporates best practices and links to reducing burnout while improving academic performance.

At the end of this course, you should be able to:

1. Learners will be able to define mindfulness in their own words and describe at least three key ways mindfulness supports focus, emotional regulation, and student well-being in educational settings.
2. Learners will identify at least four different forms of mindfulness practice (e.g., breathing exercises, mindful movement, mindfulness in nature, meditation).
3. Learners will be able to explain the concept of embodiment and apply at least two embodiment techniques (e.g., body scans, posture awareness) during mindfulness activities.
4. Learners will describe the principles of self-compassion, practice at least two exercises (e.g., compassionate self-talk, loving-kindness meditation), and be able to teach a short



lesson or activity on self-compassion to students.

5. Learners will identify mindful communication patterns and demonstrate at least two regulation strategies (e.g., pause and respond, deep listening) through role-play or classroom interaction exercises.
6. Learners will be equipped to implement at least three mindfulness-based exercises in the classroom and their personal life.

Course Modules

- Module 1: Introduction to Mindfulness, Quiz 1
- Module 2: Exploring Forms of Mindfulness, Quiz 2
- Module 3: Embody Mindfulness, Quiz 3
- Module 4: The Effective Educator Knows Self-Compassion, Quiz 4
- Module 5: Regulation & Communication, Quiz 5
- Module 6: Integrating Mindfulness, Quiz 6

Grading

Each quiz must be passed at an 80% or higher (three attempts allowed).

Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find readings that will help you to answer quiz questions. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.