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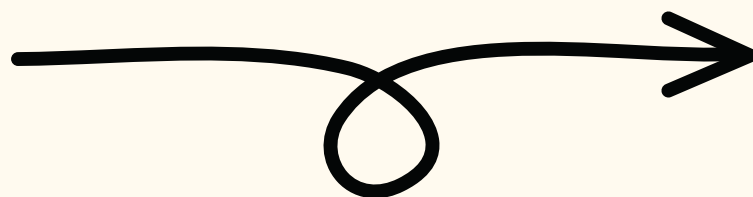


AGDISTIS



Tool n. 21

Elements of mindfulness



Istituto d'Istruzione Superiore
Margherita Hack

2022-1-ES01-KA220-SCH-000087432



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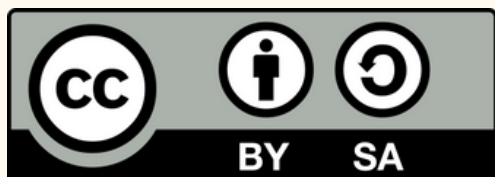
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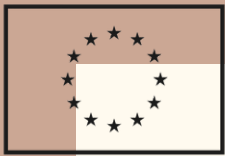
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MINDFULNESS

can be incredibly beneficial for teachers, helping them manage stress, enhance focus, and create a more positive classroom environment. Here are some ways we teachers can incorporate mindfulness practices:

Understanding Emotions

Breathing
Mindfully

Listening intently

Grounding

Sense of smell

Change of scenery



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Mindfulness helps us become more aware of our own emotions. We can try a simple entering exercise before entering the class:

- Stand with our feet shoulder-width apart.
- Focus on a point in our abdomen, about two inches below our navel.
- Feel gravity connecting our body to the Earth.

This practice can help us **stay present and manage emotions**.

Let's take a moment to pause and **breathe deeply**. Close your eyes and inhale and exhale slowly five times. This quick practice can **calm our nervous system** and provide a sense of balance.





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Whenever we find a rare **moment of silence** (between periods, during lunch, or even in the staff bathroom), focus on the absence of noise. Feel our breathing deepen and our pulse slow down.



Let's stand up straight, feet shoulder-width apart. Sense the bottoms of **our feet grounded on the floor**. Close your eyes and scan your body, releasing tension by breathing into any stiff or tender areas.

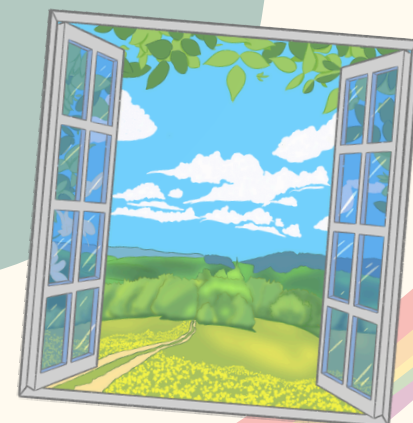


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Consider using calming **essential oils** (if allowed) or keep a small bottle of your **favorite scent** in your desk drawer. Inhaling these scents can provide a calming break.



Even indoors, **connect with nature**. Sneak a peek out the window and focus on the sky, leaves, or sunlight. Block out distractions and **soak in the moment**.





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THANK YOU!



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