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Teach, Breathe, Learn: Mindfulness in and out of the Classroom

By Meena Srinivasan



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In *Teach, Breathe, Learn*, Meena Srinivasan highlights how mindfulness can be an effective tool in the classroom. What makes this book truly unique is her perspective as a classroom teacher, wrestling daily with the conditions about which she writes.

"*Teach, Breathe, Learn* provides accessible, practical application of mindfulness to overcome challenges faced during the school day." Testimonials from students and colleagues are woven throughout the book. *Teach, Breathe, Learn* is designed for educators at all levels, parents interested in sharing mindfulness with their children, and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others.

Part 1 helps teachers develop compassion and shift from "reacting" to "responding" to demands.

Part 2 offers techniques for cultivating loving-kindness, gratitude and seeing students, colleagues, and parents as oneself.

The last section of the book introduces a curriculum teachers can use to incorporate mindfulness into their classroom, replete with lesson plans, handouts, and homework assignments.



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Editorial Review

Review

“Completely inspiring. Meena Srinivasan addresses what mindfulness training is, why it matters, and how to bring it to the classroom. What a smart, compelling read! I want to run out and buy *Teach, Breathe, Learn* for every teacher I know.”—Kathryn Lee, Project Director of RULER for Families, Yale Center for Emotional Intelligence

“*Teach, Breathe, Learn* provides valuable insights and practical tips for educators. It is a wonderful toolbox, ideal for both professional and personal development.”—Lilian Cheung, D.Sc., R.D., Lecturer, Dept. of Nutrition, Harvard School of Public Health; Co-author, *Savor*

“A must-have for mindful teachers. *Teach, Breathe, Learn* is chock full of useful resources. It shows why and how mental fitness enhances teaching and increases learning. Srinivasan is a teachers’ teacher, and her authentic and authoritative voice communicates practical wisdom with gentleness and grace.”—Deborah Schoeberlein David, M.Ed., *Mindful Teaching and Teaching Mindfulness*

"Now is the time to transform our Educational system for the sake of our children. We need to think outside the box and embrace new approaches that can draw out our deep inner resources. Mindfulness offers a way for us to tap into the inner resilience, focus and wellbeing that are already inside us. *Teach, Breathe, Learn* is a key that unlocks this inner potential. This book makes mindfulness accessible for teachers everywhere and is a great resource for sharing mindfulness with young people. It is a helpful tool for parents and educators of all backgrounds. As an accomplished international educator and dedicated mindfulness practitioner, Meena Srinivasan brings these two worlds together in this compelling book, showing how to embed mindfulness into teaching and life. Meena’s current work implementing Social Emotional Learning in the Oakland public school district embodies her commitment to transforming our nation’s education system from the inside out."—Congressman Tim Ryan, *A Mindful Nation*

"*Teach, Breathe, Learn* is a very readable, insightful book, filled with wisdom, that makes crystal clear the power of mindfulness in the classroom and how it can transform students’ lives.”—Theo Koffler, Founder, Mindfulness Without Borders

“Meena Srinivasan's authentic teacher's voice narrates her journey into mindfulness both in and out of the classroom. *Teach, Breathe, Learn* is a delicious masala of recipes for any educator interested in mapping their own journey into mindfulness.”—Lauren Alderfer, Ph.D., *Mindful Monkey, Happy Panda*

“Meena Srinivasan's experienced and kind voice, her respect for her colleagues, and her inclusion of the voices of her students demonstrates a lived understanding of the interconnection that mindfulness reveals. This is a careful and comprehensive guide to mindful teaching and learning.”—Mirabai Bush, *Contemplative Practices in Higher Education*

"*Teach, Breathe, Learn* provides an intimate look into the life and teaching of an experienced mindfulness practitioner. Meena Srinivasan beautifully describes developing and sharing mindfulness lessons with students and teachers and using these same mindfulness practices in her own life. —Richard Brady, President, Mindfulness in Education Network

“This truly is authentic social and emotional learning in action! Srinivasan combines personal mindfulness practice with her skills as a gifted classroom teacher to produce a model for all who seek to explore and develop mindfulness in education.”—Kevin Hawkins, Middle School Principal, International School of Prague

“Meena Srinivasan offers an inspiring vision of what a truly mindful education can look like. Her eloquent personal anecdotes and lesson plans are a guide into a new and transformative educational paradigm.”—Daniel Rechtschaffen, MFT, *The Way of Mindful Education*

“Clear, honest, and heartfelt. *Teach, Breathe, Learn* is a book by a truly exceptional teacher. It addresses the day-to-day realities of classroom teaching and offers teachers very practical ways to share specific skills to help students cultivate inner and outer peace throughout their school day, and in their lives beyond the classroom.”—Amy Saltzman M.D., *A Still Quiet Place*

“This book offers a model of teaching that can be embraced by any teacher ready to commit to a journey of self-awareness, mindfulness, and authenticity. Meena’s students demonstrate, in their own words, what it means to be human and to live with gratitude and compassion.” —Prajna Hallstrom, Founder of the Karuna School: A High School for Peace

About the Author

Meena Srinivasan is an Indian-American international educator and thought leader in the field of mindfulness in education. She was one of the youngest educators to be awarded the prestigious National Board Certification. A contributor to United Nations publications on inclusive education, Srinivasan earned an Master's degree in Education from UC Berkeley and a Bachelor's degree in History and Political Science from Amherst College. Her international outlook on education was enhanced by spending her junior year studying abroad at the London School of Economics. She has taught Middle and High School students in Brazil, India, and California and currently works for the Oakland Unified School District's Social Emotional Learning & Leadership Development Team.

Meena is a student of Thich Nhat Hanh and was involved in the creation of his bestselling book *Planting Seeds: Practicing Mindfulness with Children*. She serves on the Board of Directors of the Mindfulness in Education Network, was Core Faculty of the Mindful Education Institute, and served on the Advisory Board of the San Francisco Asian Art Museum's exhibit, *Yoga: The Art of Transformation*. Meena is also a recipient of the 2014 Hemera Foundation Contemplative Education Fellowship.

Meena lives in the San Francisco Bay Area with her husband, Eurasian-American Filmmaker, Chihiro Wimbush. Bringing together their passion for education, media, mindfulness and social justice, Meena and Chihiro started A Lens Inside, a fiscally sponsored project of United Charitable Programs - a registered 501(c)(3) public charity. A Lens Inside develops multimedia and film productions to create curriculum programs that address the exploration of social issues.

Users Review

From reader reviews:

James Furlow:

Book is to be different for every grade. Book for children until eventually adult are different content. As it is known to us that book is very important normally. The book *Teach, Breathe, Learn: Mindfulness in and out of the Classroom* seemed to be making you to know about other expertise and of course you can take more

information. It is rather advantages for you. The book Teach, Breathe, Learn: Mindfulness in and out of the Classroom is not only giving you a lot more new information but also for being your friend when you experience bored. You can spend your own personal spend time to read your e-book. Try to make relationship with all the book Teach, Breathe, Learn: Mindfulness in and out of the Classroom. You never experience lose out for everything in case you read some books.

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Some people said that they feel weary when they reading a book. They are directly felt the item when they get a half areas of the book. You can choose the actual book Teach, Breathe, Learn: Mindfulness in and out of the Classroom to make your reading is interesting. Your own personal skill of reading expertise is developing when you including reading. Try to choose straightforward book to make you enjoy to see it and mingle the opinion about book and studying especially. It is to be 1st opinion for you to like to open a book and go through it. Beside that the guide Teach, Breathe, Learn: Mindfulness in and out of the Classroom can to be your friend when you're feel alone and confuse in doing what must you're doing of their time.

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