



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

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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From reader reviews:

Spencer Fuentes:

Book is to be different for each grade. Book for children right up until adult are different content. As it is known to us that book is very important for us. The book Teach, Breathe, Learn: Mindfulness in and out of the Classroom was making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The reserve Teach, Breathe, Learn: Mindfulness in and out of the Classroom is not only giving you considerably more new information but also being your friend when you sense bored. You can spend your current spend time to read your guide. Try to make relationship using the book Teach, Breathe, Learn: Mindfulness in and out of the Classroom. You never feel lose out for everything in case you read some books.

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