

[PDF] Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education)

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Von Patricia A. Jennings

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Mindfulness for Teachers


SIMPLE SKILLS for

PEACE and PRODUCTIVITY

in the CLASSROOM



Patricia A. Jennings

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Von Patricia A. Jennings : Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education) before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindfulness for Teachers: Simple Skills for Peace and

Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.
absolutely recommandableVon Marguy KrierPatricia A. Jennings knows what she's speaking about; it can clearly be seen, she is a teacher with lots of experience. She knows the beauty as well as the difficulties in school. Underlain by lots of studies, she explains scientific researches and shows concrete pathways in order to become a still presenter and even more mindful teacher + how to bring mindfulness to kids. This is a really helpful book for all teachers and educators interested in Mindfulness. I hope it will soon stand in each school library for teachers,

KurzbeschreibungMindfulness for Teachers is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.PressestimmenPatricia Jennings has topflight expertise in mindful education, and shares it with other teachers in a reader-friendly, useful way. Mindfulness for Teachers offers a suite of practical tools for building a more positive, compassionate classroom one where teachers do their best and students can shine. This book deserves your full, mindful focus. --Daniel Goleman, PhD, author of Emotional"Mindfulness for Teachers draws on research, theory, and Patricia Jennings extensive experience in education to present a very readable set of guidelines for creating a mindful and caring classroom. This impressive book should be required reading for teachers during their training. The ideas here will help any teacher develop a greater awareness and find greater joy and personal fulfillment in teaching. --Mark T. Greenberg, PhD, Bennett Chair of Prevention Research, Pennsylvania State University (04/01/2015)"This book is a wonderful resource for teachers. Patricia Jennings has a real understanding of the challenges teachers face. Utilizing her strong foundation in mindfulness practices, she provides effective exercises and a wealth of information to support educators both inside and outside the classroom.--Sharon Salzberg, Co-Founder of the Insight Meditation Society and Author of Real Happiness (04/01/2015)Essential information on a subtle topic, presented with clarity and simplicity, and beautifully written, Patricia Jennings 'gets it' about being a teacher. She has been there, and now she is back with a great story about the enormous value of mindfulness, and she has the evidence to back it up. Teachers, take one of your most valuable possessions your time to read this thoughtful and thorough book!--Robert L. Selman, PhD, Roy E. Larsen Professor of Human Development and Education and Professor of Psychology in Psychiatry, Harvard University (04/01/2015)"Mindfulness for Teachers draws on research, theory, and Patricia Jennings' extensive experience in education to present a very readable set of guidelines for creating a mindful and caring classroom. This impressive book should be required reading for teachers during their training. The ideas here will help any teacher develop a greater awareness and find greater joy and personal fulfillment in teaching. --Mark T. Greenberg, PhD, Bennett Chair of Prevention Research, Pennsylvania State University (04/01/2015)This book provides strategies for all educators to use their emotional energy to their advantage. Bringing the myriad of ways that mindfulness is a timeless component of pedagogy to readers' attention, Jennings demonstrates how attuning to their own emotions will allow educators to fully engage as creative professionals with individual students. Mindfulness for Teachers emphasizes that to truly connect with the hearts and minds of our students, teachers must first sustain their own presence and wellness.--Linda Rosenbury, Middle School Principal, New York City Public Schools (04/01/2015)Jennings blends years of personal practice with classroom experience and research to create a pertinent resource for any teacher wishing to begin or enrich a cultivation of mindfulness. An understanding of the human brain, and its' reactions to stress, are provided as a pathway to guide teachers to build a self-care practice that acts as a model for students and a foundation for classroom wellness. Through refined attention to and mindfulness of daily habits and actions, Jennings illustrates how repeated forms of inquiry can operate as pedagogical techniques for learning.--Jennifer Dauphinais, Magnet Resource Teacher, Quinnipiac STEM Magnet School, New Haven, CT (04/01/2015)KurzbeschreibungMindfulness for Teachers is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.