

Mindfulness

Mindfulness promotes concentration and helps to better cope with stress.

Please take some time to think about what mindfulness means to you, and what you are doing in your classes to promote the mindfulness of your learners.

1) How much do the following statements apply to you? Mark the most appropriate answer per statement.

1. In my job I take care of myself and consciously take a few minutes in between to stay in contact with myself.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

2. I regularly include mindfulness exercises in my lessons to support pupils to be able to concentrate better.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

3. In my lessons, I encourage my pupils/students to name their emotions.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

4. In my lessons, I use exercises that help my students learn to regulate their emotions.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

5. In my lessons, I practice with the pupils/students to be compassionate with themselves and to act accordingly.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

6. In my lessons, I practice with the pupils/students to be compassionate with others and to act accordingly.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

2) Insert the corresponding points in the column to the right of the statements and calculate the sum in the last line (total).

4 points I totally agree	3 points I rather agree	2 points I partly agree	1 point I rather disagree	0 points I totally disagree
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Statement	points
1. In my job I take care of myself and consciously take a few minutes in between to stay in contact with myself.	
2. I regularly include mindfulness exercises in my lessons to support pupils to be able to concentrate better.	
3. In my lessons, I encourage my pupils/students to name their emotions.	
4. In my lessons, I use exercises that help my students learn to regulate their emotions.	
5. In my lessons, I practice with the pupils/students to be compassionate with themselves and to act accordingly.	
6. In my lessons, I practice with the pupils/students to be compassionate with others and to act accordingly.	
Total	<u> </u>

3) This is our feedback to your answers:

0 - 9 points: You are a starter!

Take one more look at your answers. What could you do as a first step to promote the mindfulness of your students?

Get inspired by the variety of methods on our database. You can use the search engine to specifically search for methods promoting mindfulness by selecting them in the "Learning fields" category.

10 - 19 points: You are well on your way to becoming a Best Performer!

Does this evaluation match with your self-assessment? Take one more look at your answers. Which areas are you already satisfied with and which areas you would like to expand?

Get inspired by the variety of methods on our database. You can use the search engine to specifically search for methods promoting mindfulness by selecting them in the "Learning fields" category.

Talk to colleagues and share your experiences or meet colleagues and best performers in other countries online in our online community!

20 - 24 points: Congratulation! You are highly advanced!

Apparently, you have dealt extensively with the topic and collected many valuable experience. Do you want to share this experience with other interested teachers and school leaders? Visit our Best-Performers online community and share your experience with other Best Performers!