



Mindfulness Report

Spring 2016

Arts Integration Menomonie

Mindfulness Report

Introduction:

The intention of this curriculum is to introduce pre-service teachers to the practice of mindfulness in and out of the classroom. Mindfulness tools have been shown to be useful in managing stress, cultivating self-awareness and self-regulation, and supporting teachers in the classroom. By introducing pre-service teachers to these practices, they learn tools that can be used to support emotional, mental, and physical well-being as they embark on practicum placements and their career as classroom teachers. A healthy teacher is at the foundation of a happy, healthy, productive classroom.

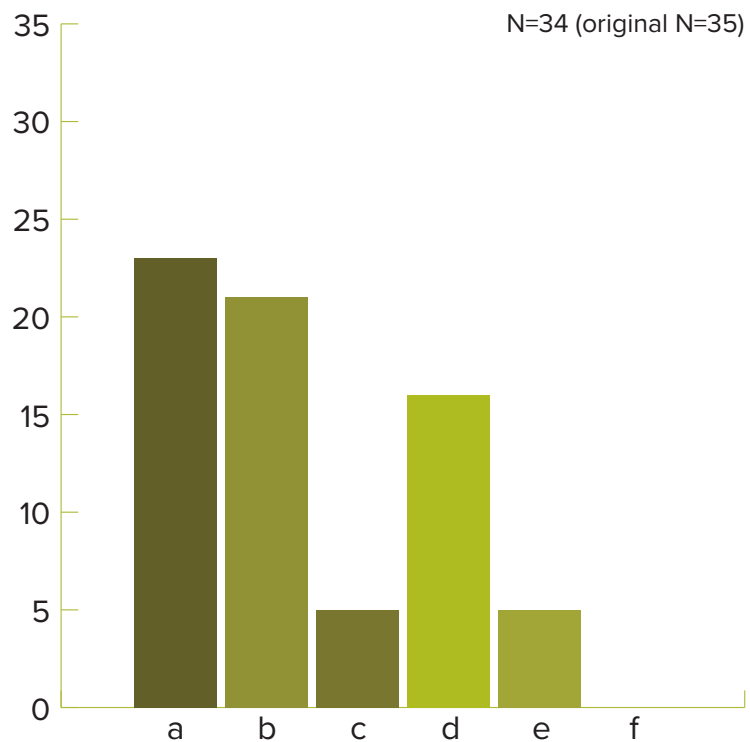
Throughout the semester, students participated in seven lessons on mindfulness practice. These lessons introduced mindfulness practices using the breath, the body, sound, awareness of emotions and thoughts, kindness, and gratitude. Sessions focused on experiential practice. The findings presented in this report demonstrate the value in teaching mindfulness tools to pre-service teachers to support them in their development as classroom teachers.



ECE

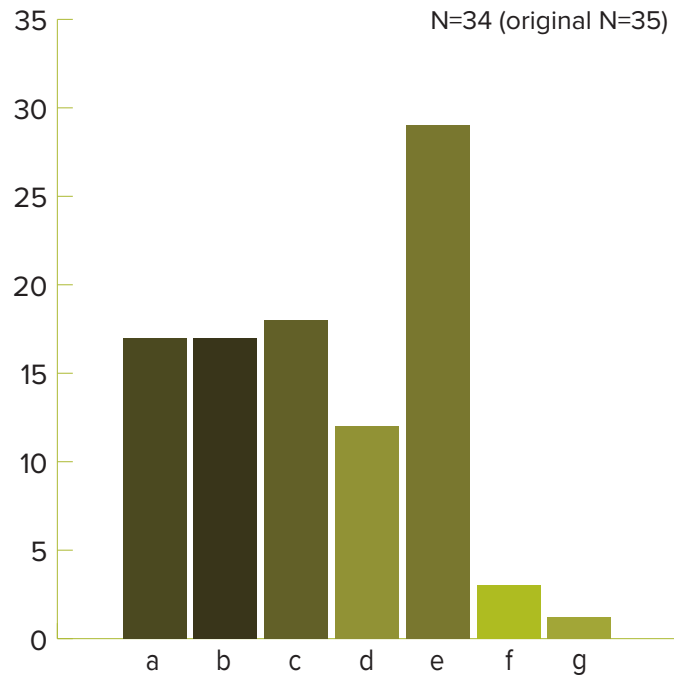
In ECE 426-Classroom Management in the Primary Classroom, pre-service teachers are preparing for a block placement in an early childhood classroom. Early childhood pre-service teachers report classroom management as one of their greatest stressors as they begin their teaching career.

What concerns do you have as you think about classroom management?



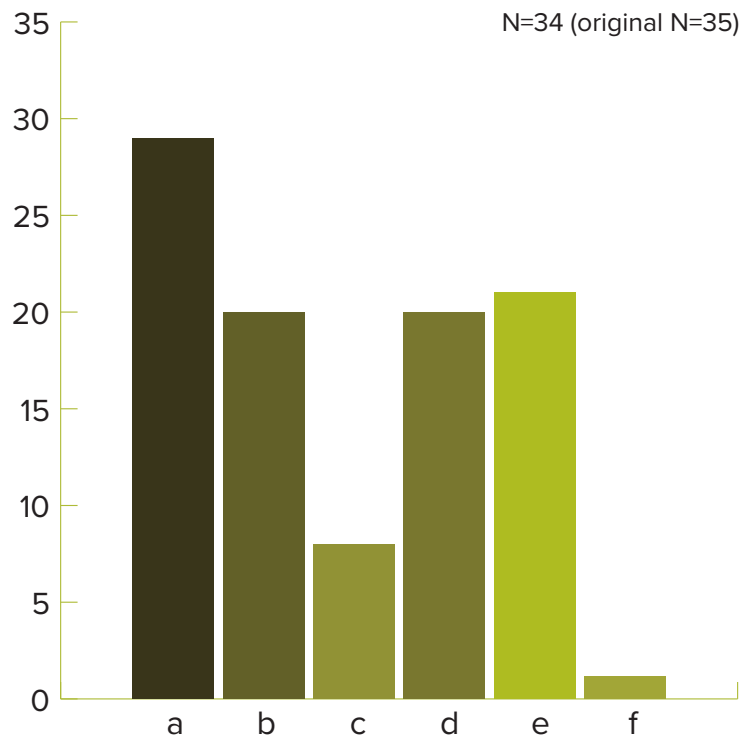
Response	Percent	Count
a. Implementing classroom management strategies	67.6%	23
b. Conflict resolution	61.8%	21
c. Setting up the physical environment	14.7%	5
d. Engaging in parent interaction	47.1%	16
e. Establishing a positive classroom climate	14.7%	5
f. Other	0.0%	0

How do you typically manage stress?



Response	Percent	Count
a. Exercise	50.0%	17
b. Relaxation techniques	50.0%	17
c. Planning and preparing	52.9%	18
d. Mindfulness practice	35.3%	12
e. Time with friends and family	85.3%	29
f. I don't intentionally manage stress	8.8%	3
g. Other	2.9%	1

What mindfulness practices have you used in your personal life?



Response	Percent	Count
a. Mindfulness of the breath	85.3%	29
b. Mindfulness of the body	58.8%	20
c. Mindfulness of sound (bell)	23.5%	8
d. Gratitude	58.8%	20
e. Kindness	61.8%	21
f. Other	2.9%	1

In general, what has been your experience in using mindfulness in your daily life?

A: Mindfulness has helped me get more sleep. I have always had a hard time falling asleep, but this helps a lot. Mindful driving as well.

A: It's helped to calm me down, especially the focusing on your breath. When I can't fall asleep due to anxiety I'll sometimes use a body scan.

A: To fall asleep. I did this before the class because I was taught it when I was young. I feel the sensation I get laying in bed to fall asleep.

A: I have not used it a lot but when I have, I really feel it works and I enjoy it. I hope to use it more and more and as strategies in my future classroom.

A: I haven't applied mindfulness everyday but when I've used it, I've used it to be in the moment and control my thoughts. It helps me enjoy what I am doing at the time.

A: It has helped me focus on the present and enjoy what is right in front of me, and looking at things in a different perspective.

A: It's helped me become much more aware of my surroundings and reactivity to situations. I'm now better able to notice my reactions before I act which allows me to handle situations more calmly and appropriately.

A: I don't really use it, because I don't feel I need it. I'm not against people who use it, but I don't see it as helpful for me.

A: It has been very effective in helping me to control stress and regulate my mood.

A: It has really helped ground me and get me out of a racing mind or boiling feelings. It has also helped me balance all of life's demands.

A: I've had a great experience in using mindfulness during exercising. I think it has really helped me get through tough workouts.

A: I used it in gymnastics and it helped calm my nerves to focus.

A: Gratitude Journal, and mindful breathing at night if I can't fall asleep.

A: Gratitude Journal, and mindful breathing at night if I can't fall asleep.

A: It seems to help me relax and calm down when using it.

A: When I am really stressed or frustrated I found that it really helps to take a few deep breaths. Then I can refocus on the task ahead.

A: For me, it really helps me relax and settle down. I like using it before bed and when I'm at dance practice.

A: I use it when I become overwhelmed with anxiety. I have also used it for sleep.

A: It has been a new and interesting experience that I could see using in my future classroom.

A: Mindful breathing really helps relax me and I fall asleep very quickly. This is my favorite practice.

A: I haven't used it in my daily life.

A: I use it to help fall asleep or regain focus in my work. I like using it in the professional setting as a transition tool.

Will you continue to use mindfulness practices in your personal life?

Yes 88.2% No

N=34 (original N=35)

Yes: Although I already knew that my breath was always me, I find it comforting to remind myself of that.

Yes: I've learned great strategies (breathing, body scan, etc.) and plan to continue to implement them and be aware of my surroundings and reactivity.

Yes: I will continue to use mindfulness of breath to calm myself down and relax and gratitude to show others they are important to me and I appreciate them.

Yes: I think it has relaxed my body and relieved stress in my life so I will continue to use it.

Yes: Will continue gratitude journal and mindful breathing.

Yes: The deep breaths helped me focus and not get overwhelmed in stressful situations.

Yes: I think it can only be beneficial.

Please share any other comments you have about the practice of mindfulness in education.

A: It's great and I'm very thankful to have learned more about mindfulness and how to connect and implement it in my life personally and professionally.

A: It is beneficial and is becoming more commonly used which makes me happy.

A: I think it is so needed.

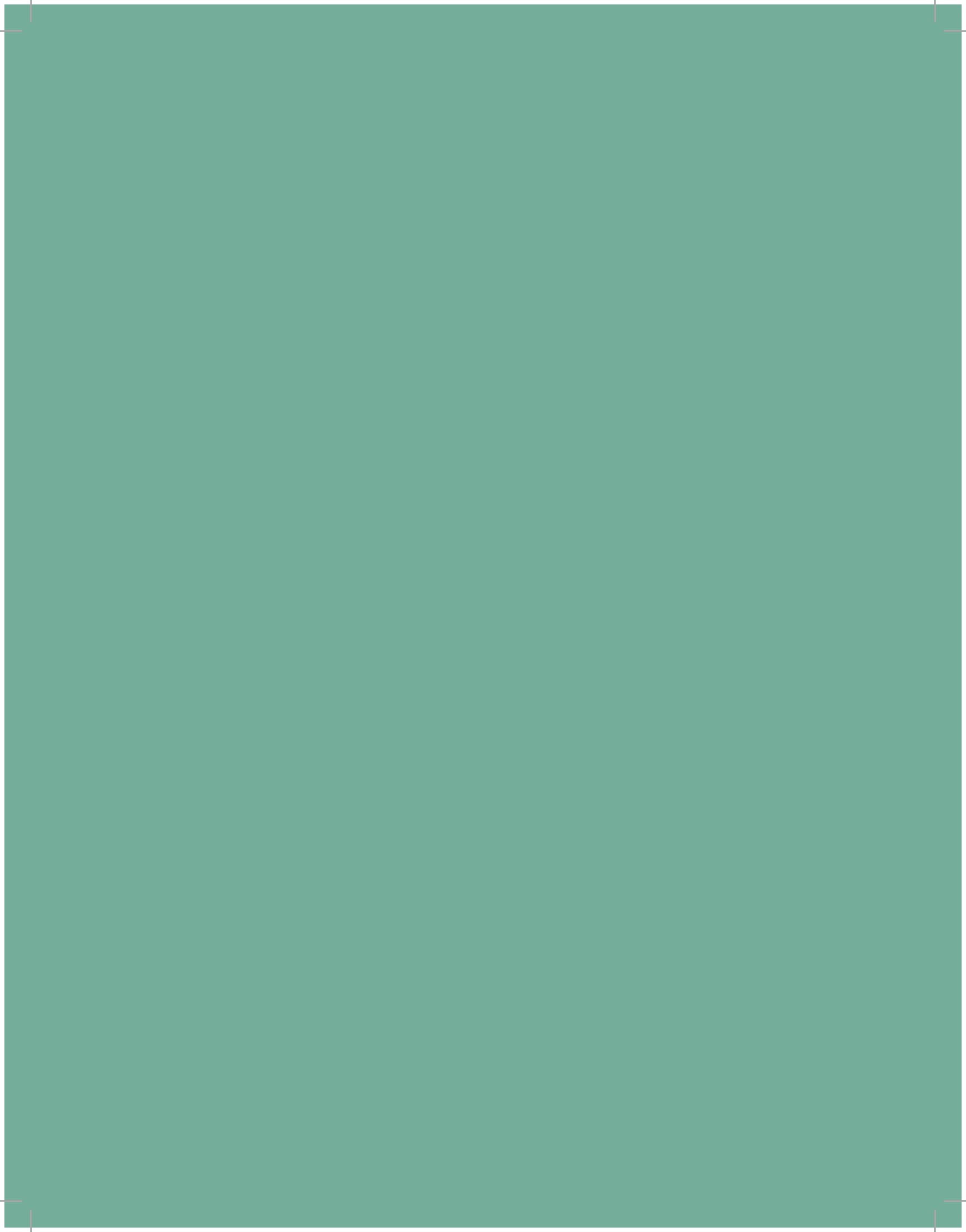
A: I think just taking time to focus on your breath for example, for just a short period each day makes a difference in your stress level.

A: I definitely think it's a practice I want to try but if it doesn't work I understand.

A: Teachers should all receive some education on mindfulness.

A: Wish more people used it.

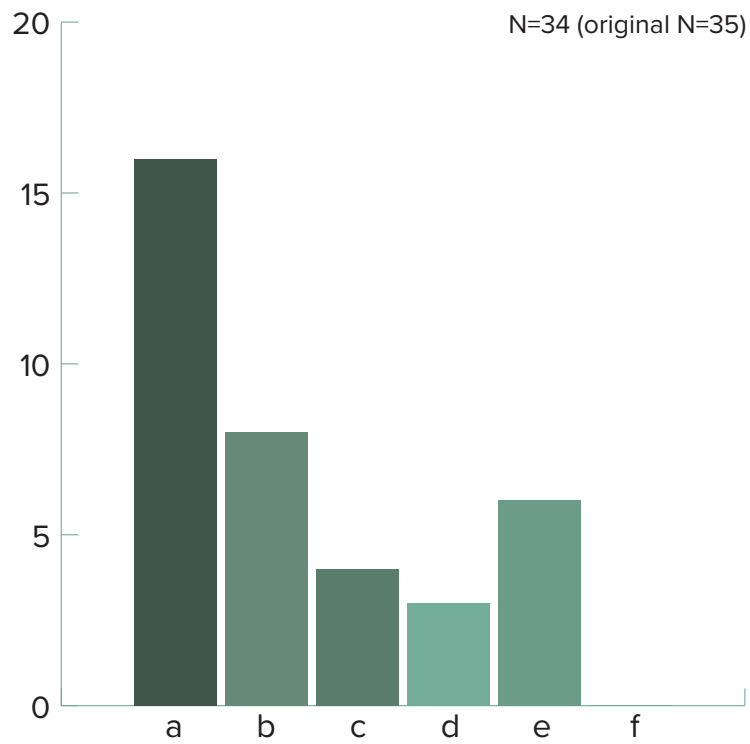
A: It's all good, I think it's something all students should learn about and become more knowledgeable of the practices.



Art Ed

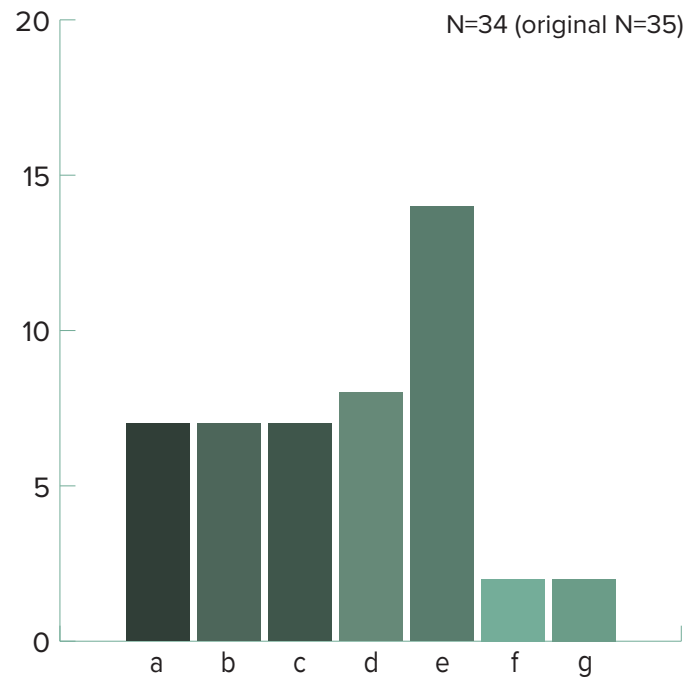
In ARTED 208-Contemporary Theory and Curricular Practices in Art Education, pre-service teachers are preparing for their first practicum placement in an art education classroom. Art education pre-service teachers report concern in anticipating their first experience in the classroom.

What concerns do you have as you begin your art education practicum?



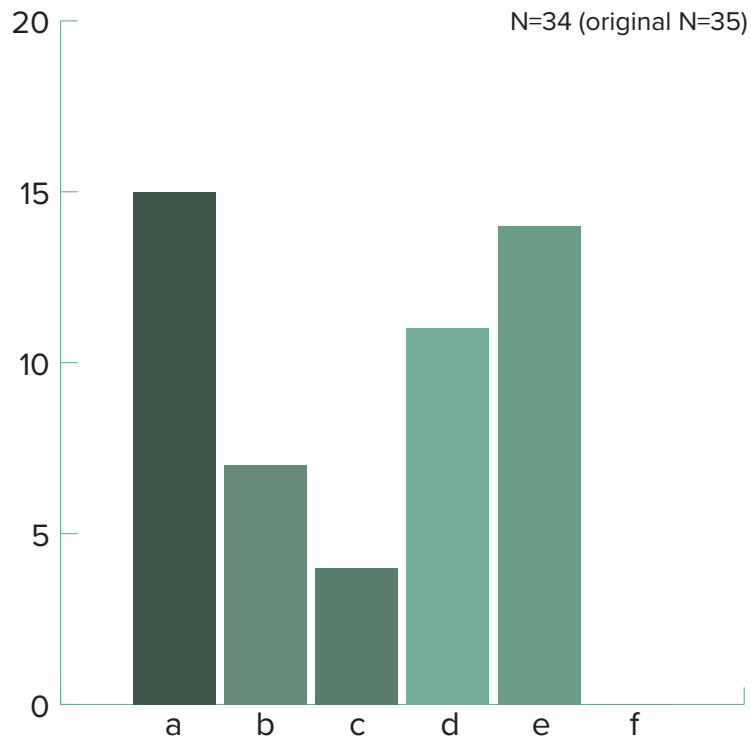
Response	Percent	Count
a. Classroom management	88.9%	16
b. Teaching preparation	44.4%	8
c. Working with the cooperating teacher	22.2%	4
d. Developmental knowledge of student population	16.7%	3
e. Logistical issues (e.g. transportation, financial issues)	33.3%	6
f. Other	0.0%	0

How do you typically manage stress?



Response	Percent	Count
a. Exercise	38.9%	7
b. Relaxation techniques	38.9%	7
c. Planning and preparing	38.9%	7
d. Mindfulness practice	44.4%	8
e. Time with friends and family	77.2%	14
f. I don't intentionally manage stress	11.1%	2
g. Other	11.1%	2

What mindfulness practices have you used in your personal life?



Response	Percent	Count
a. Mindfulness of the breath	83.3%	15
b. Mindfulness of the body	38.9%	7
c. Mindfulness of sound (bell)	22.2%	4
d. Gratitude	61.1%	11
e. Kindness	77.8%	14
f. Other	0%	0

In general, what has been your experience in using mindfulness in your daily life?

A: While I do not use mindfulness often, I have had some success when I do use it to help me remain focused on my task at hand.

A: I have used it mostly at night for getting more sleep and I have seen a big improvement.

A: I am able to recognize what my body needs better.

A: I feel like mindfulness could be very helpful for me. Though I always feel selfish setting aside time for self-care. I have to realize that I wouldn't be as stressed if I took more time to distress and work on being more mindful.

A: Doing mindfulness breathing a few times a day calms my body down and relaxes my mind from thinking of everything I need to get done.

A: Positive-it reinforced awareness to help me handle situations better.

A: When I get stressed I try and take a couple seconds to breathe and focus on the good.

A: Focusing on breathing really helps me fall asleep. The "Just like me" practice helps me understand others.

A: Helps me calm down in stressful situations.

A: It has helped me feel more in control of my emotions.

A: If I find I am having trouble focusing or need to calm down, I generally try mindful breathing to help.

Will you continue to use mindfulness practices in your personal life?

Yes 100% No

N=34 (original N=35)

Yes: I will try to be better at implementing self-care and mindfulness into my personal life. I think kindness and gratitude are an effective way for me to feel better and take my mind off stress.

Yes: It has definitely helped me relax and identify emotions so I can manage more efficiently.

Yes: I would like to remember that I am in control of my feelings and I can choose to have a better attitude.

Yes: I will definitely use it and experiment with different methods for myself, in my classroom, and in my personal experiences.

Yes: It was a great tool and worth continuing.

Please share any other comments you have about the practice of mindfulness in art education.

A: I think art is such a mindful place where we are able to express ourselves and I think using a mindful practice with my students, they will be able to focus and relax and product art that they have mindfully created.

A: I believe that art and mindfulness are intrinsically connected, so mindfulness has a welcome place in the art classroom.

A: Mindfulness practice, I think will be a great asset in the classroom. Students can focus on their projects more intently and leave all of their worries outside of the art classroom.

A: It has been a wonderful break from the stress of school.

A: I really like it – It is so much better to do art when you're in the moments.

A: It can be something easy to incorporate in our classrooms and a useful tool for our students. (as well as our classroom management.)

A: I think being mindful in art classrooms is probably the most fun and effective place.



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