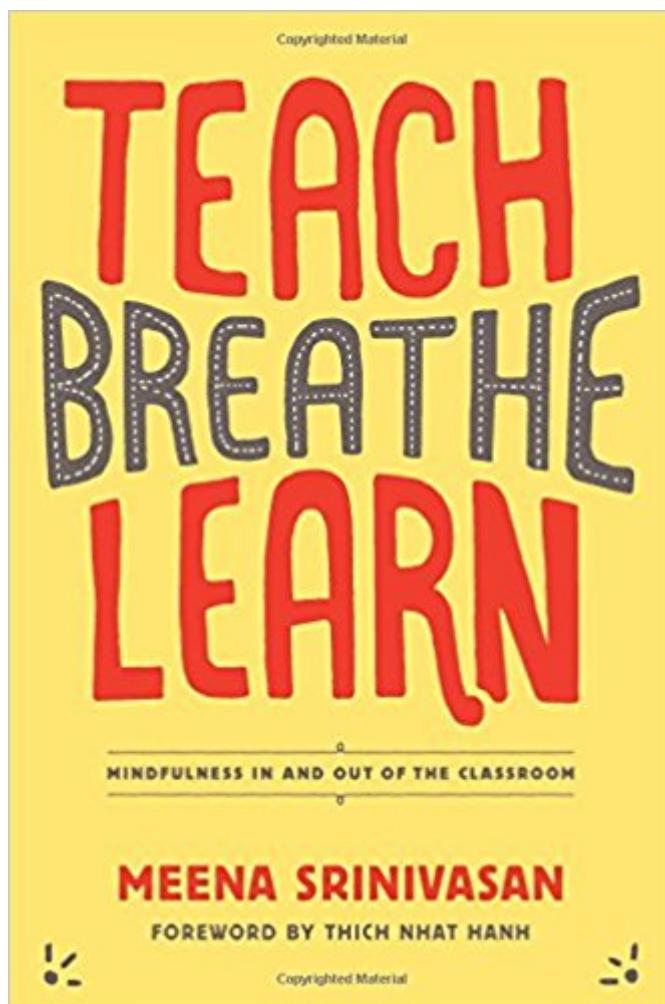


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# Teach, Breathe, Learn: Mindfulness In And Out Of The Classroom



## Synopsis

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.

## Book Information

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## Customer Reviews

“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.â •&#151;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 teachersâ ™ teacher, and her authentic and authoritative voice communicates practical wisdom with gentleness and grace.â •&#151;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. Meenaâ ™s current work implementing Social Emotional Learning in the Oakland public school district embodies her commitment to transforming our nationâ ™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 studentsâ ™ lives.â •&#151;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.â •&#151;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. &#151;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.&#147;â •&#151;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. Meenaâ™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*

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 Mster'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.

We are just starting a mindfulness based program in my district and Meena's book, "Teach,

Breathe, and Learn" is one of the best resources for teachers and others who want to teach mindfulness to students and staff!! It is very well organized, easy to read and she gives wonderful, practical and quick and easy strategies/lesson plans to be used immediately. This book is a must have book for anyone wanting to start a mindfulness program in their school. Thank you Meena for such an excellent resource for those of us who would like to see a more "awake" world and that starts with our children!! A deep bow of gratitude to you for sharing such a valuable resource with all of us who would like to share the mindfulness path with those we work with, both staff and students. Terrific book that I will read over and over again-have your sticky notes handy as you will be marking many passages in this book for future reference:-). Enjoy-Mariann

I love this book and was moved by it. Meena Srinivasan's words ring true with a naturalness and authenticity that is often absent in books directed at teachers. She embodies a mindfulness and presence in her life and work that will inspire all teachers who strive to bring themselves fully to their teaching and relationships. - Pamela Seigle, Executive Director Courage & Renewal Northeast

I would recommend this book to any educator interested in social emotional learning. It's easy to read and has wonderful information about the subject and lesson examples of how to implement mindfulness into the classroom.

A wonderful resource for teachers that are interested in incorporating mindfulness in their classrooms. I shared this book with my curriculum director and we bought 30 of them and started a book club at our school. Very practical story telling with a curriculum unit at the end. I highly recommend this book!

Very practical and instructive reading ! Great thank to you Meena Srinivasan for sharing your experiences in a very accessible way , and language ! I strongly recommend it to anyone interested to discover how to include mindfulness/presence approach in the class or with own kids. Belle route À ce magnifique livre !

This book has proven to be very beneficial to me in my mindfulness practice!!!

Great way to connect with learning and social emotional wellness/growth in the classroom.

Excelent resource for educators!!

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