

# Contents

*Acknowledgments* ix

*Introduction* xi

## **PART I What Is Mindfulness?**

**1** Defining Mindfulness 3

**2** Mindfulness and Social and Emotional Learning 24

## **PART II Mindful Awareness Practices for Kids**

**3** How to Calm Down and Pay Attention 37



- 4**    **Caring for My Body**    59
- 5**    **Mindful Movement**    70
- 6**    **Cultivating Kindness and Compassion**    83

### **PART III    Cultivating a Mindful Classroom**

- 7**    **Mindful Awareness of the Classroom Environment**    99
- 8**    **Orchestrating and Conducting a Prosocial Classroom**    109

*References*    121

*Resources*    127

*Index*    145