



Mindful Teacher, Mindful School

Improving Wellbeing in Teaching and Learning

[Kevin Hawkins](#) - Independent Educational Consultant and Trainer

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"This is a book clearly written by an educator who knows mindfulness in schools from the inside. The strongest evidence for this is that Hawkins never gets carried away. He recognises that mindfulness is not a panacea, that to implement it successfully in schools is a slow and steady process, and that above all it must begin with the teachers themselves. But Hawkins also recognises how transformative mindfulness can be, having experienced it so profoundly himself as an educator in many different contexts. His anecdotes give it plenty of colour (my favourite is 'Billy and the Mosquito'), whilst the practical guidance - Chapter 7 on implementation for example - makes it of tremendous practical value." - **Richard Burnett, Co-founder and Director, Mindfulness in Schools Project (MiSP)**

Former school teacher turned mindfulness consultant Kevin Hawkins truly understands the joys of teaching and the desire to make a real difference in the lives of students, as well as the challenges and risks of burnout that most teachers experience on a daily basis.

With this guide to mindful practice, teachers new and experienced can learn how to use mindfulness in their own professional and personal lives as well as how to incorporate it in their teaching to support student wellbeing. Combining theory with practice and illustrated with real life stories, this guide will show readers:

- what mindfulness is
- the research and scientific evidence behind it

- how changing the way you approach situations can transform the way you feel
- how to manage stress, and look after yourself
- how teaching mindfully can help your students
- what mindfulness can do for the culture in your school

Packed full of DIY exercises, activities to use in the classroom and links to resources and further reading, this inspiring book will support experienced and new teachers to maintain a healthy work-life balance and thrive as a teaching professional.

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