Creating Space for Contemplation: Infusing Mindfulness and Awareness Activities in English Language Arts Classes

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Influenced by broader societal trends, mindfulness training and movement meditation practices within disciplines such as yoga have gained rapidly growing acceptance in education. This project addresses initiatives to promote the cultivation of mindful awareness and compassion within public schools. In Part 1, the author describes the lived experience of cultivating mindfulness and other qualities important to well-being throughout over thirty years of contemplative practice in her personal and professional life as a secondary English Language Arts teacher. Part 2 provides an overview of the growing body of current research into Mindfulness Based Interventions (MBIs) involving school-age children, teachers, and college students and pre-service teachers which report promising results in a wide range of physical, emotional, and social areas. Arising from the recommendations that mindfulness training for students should be conducted by instructors who are well-established in the practice themselves, there is a perceived need for more trained professionals in the school setting. MBIs for teachers result in very high self-reports of efficacy...
Phonological awareness, often called pre-reading skills, is the first of the six components of reading. Use these three activities to help your kids become better readers. Phonological awareness is the ability to play with sounds. There is no visual representation of letters when you are working on these skills, which include: rhyming (identifying and creating), separating a word's onset and rhyme (the onset for the cat is /c/ and the rhyme is -at), identifying words that begin with the same sound, segmenting words by sounds and syllables. Phonological awareness can often be confused with phonics, which is the pairing of the letter sounds to their written symbols. Self-Awareness Activities – Physical Exercises. 22. Be aware of your body language. 23. Practice grounding techniques. 24. Observe other people. Many self-awareness activities simply asking yourself difficult questions and trying to answer as honestly as possible. The “three whys” is the perfect example of that. The “Three Whys” are exactly what they sound like. Please share your thoughts on self-awareness and self-awareness activities in the comments below. Don’t forget to share it on your favorite social media channels, like Pinterest! 11K Shares. Having some fun classroom activities can make students active after lunch hour. Some teachers would make it plainly fun games while some others use it as a strategy to revise what is learned in the previous classes. In the morning sessions also, some teachers would take a short gap in between the strenuous learning to bring in some fun. Are you looking for some interesting fun classroom activities to make your learning session interesting and engaging? The class would be divided into two groups and the blackboard would also be partitioned into two, each side for a team. A member from a team would come up and picks a piece of paper. He needs to write a meaningful sentence that includes the word specified on the paper on blackboard.