



REFLECTION

SPRING 2020

EPISODE 13

STEPPING BACK FROM THE WATERFALL: THE IMPACT OF MINDFULNESS

DIRECTIONS: USE THE FOLLOWING QUESTIONS TO REFLECT ON THE ROLE OF MINDFULNESS IN YOUR WORK AS AN EDUCATOR.

HOW DO YOU PRACTICE MINDFULNESS?

HOW MIGHT YOU MODEL MINDFULNESS FOR YOUR STUDENTS?

WHAT MIGHT BE A WATERFALL YOU ARE EXPERIENCING RIGHT NOW? WHAT MIGHT YOU DO TO STEP BEHIND THE WATERFALL?

ADDITIONAL RESOURCES

SECOND2ARROW.WORDPRESS.COM/
WWW.TENPERCENT.COM/
WWW.SIMPLEHABIT.COM/
WWW.CALM.COM/

MELROBBINS.COM/BOOKS/
CHARLESDUHIGG.COM/
WWW.TEACHERFIT.COM/