



MINDFUL REFLECTION

1. Consider community building, welcoming newcomers to your classroom or school, infusing kindness and compassion in your community, or lessons regarding racism and injustice. How could mindfulness, breath work, or meditations be used to further understanding?
2. Which breaths, kriyas, or meditations were most appealing to you? To your students?
3. How inclusive is your classroom community? Are improvements needed? Doing breath work, kriyas, and meditations together can help foster a sense of community. Consider student leaders, peers from other grades, and others. Could they help you build a more inclusive community?