

MINDFUL REFLECTION

I. What do you believe might be most exciting about implementing *Cultivating Happiness*, *Resilience*, *and Well-Being* in your classroom or school?

2. Where might you face the greatest challenges?

3. What resources do you have to support your journey, your practice, and your instruction?

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.