

## MINDFUL REFLECTION

I. Consider what you need to do to prepare to teach. Do you need additional materials? How will you open and close your sessions? How will you help students stay engaged and handle possible disruptions?

2. What are two or three additional ideas or practices from this chapter that you would like to implement with your students farther down the road? What do you need to do, or how do you need to prepare, to build these elements into your yogamindfulness-meditation practice with students?

3. What is one challenge you anticipate encountering as you begin practicing yogamindfulness-meditation with your students, and how might you respond to that challenge?

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.