

## MINDFUL REFLECTION

I. How ready are you to implement yoga-mindfulness-meditation practices?

2. Which of the Five Cs sounds most appealing to you? Is there one that might fit best with the curriculum you teach?

3. What plans do you have to make accommodations for students? How can you gauge whether these accommodations are successful?

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.