MINDFUL REFLECTION

1. What excites you most about incorporating consciousness into your lessons?

2. Which breathing techniques did you like the most? How will you use them with your classes?

3. Which breathing techniques were the most challenging? How can you introduce and scaffold them with your students?

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.