

MINDFUL REFLECTION

I. How will you integrate compassion into your classroom? Which exercises are you most excited about?

2. How might you use yoga and meditation to increase students' compassion for themselves as well as others?

3. What benefits have you seen from encouraging compassion in the classroom previously?

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.