

## MINDFUL REFLECTION

I. How have your students fared this past year in terms of their courage, grit, and resilience?

2. Are there ideas from this chapter that you might be able to implement to improve their courage?

3. Examine the Courage Curriculum Integration Planner (Figure 9.1). Are there similar ways you could integrate courage into your classroom discussions?

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.