



# Teach, Breathe, Learn: Mindfulness in and out of the Classroom

By Meena Srinivasan

Download now

Read Online ➔

**Teach, Breathe, Learn: Mindfulness in and out of the Classroom** By Meena Srinivasan

In *Teach, Breathe, Learn*, Meena Srinivasan highlights how mindfulness can be an effective tool in the classroom. What makes this book truly unique is her perspective as a classroom teacher, wrestling daily with the conditions about which she writes.

*"Teach, Breathe, Learn* provides accessible, practical application of mindfulness to overcome challenges faced during the school day." Testimonials from students and colleagues are woven throughout the book. *Teach, Breathe, Learn* is designed for educators at all levels, parents interested in sharing mindfulness with their children, and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others.

Part 1 helps teachers develop compassion and shift from "reacting" to "responding" to demands.

Part 2 offers techniques for cultivating loving-kindness, gratitude and seeing students, colleagues, and parents as oneself.

The last section of the book introduces a curriculum teachers can use to incorporate mindfulness into their classroom, replete with lesson plans, handouts, and homework assignments.

↓ [Download Teach, Breathe, Learn: Mindfulness in and out of t ...pdf](#)

📖 [Read Online Teach, Breathe, Learn: Mindfulness in and out of ...pdf](#)

# Teach, Breathe, Learn: Mindfulness in and out of the Classroom

*By Meena Srinivasan*

## **Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan**

In *Teach, Breathe, Learn*, Meena Srinivasan highlights how mindfulness can be an effective tool in the classroom. What makes this book truly unique is her perspective as a classroom teacher, wrestling daily with the conditions about which she writes.

"*Teach, Breathe, Learn* provides accessible, practical application of mindfulness to overcome challenges faced during the school day." Testimonials from students and colleagues are woven throughout the book. *Teach, Breathe, Learn* is designed for educators at all levels, parents interested in sharing mindfulness with their children, and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others.

Part 1 helps teachers develop compassion and shift from "reacting" to "responding" to demands.

Part 2 offers techniques for cultivating loving-kindness, gratitude and seeing students, colleagues, and parents as oneself.

The last section of the book introduces a curriculum teachers can use to incorporate mindfulness into their classroom, replete with lesson plans, handouts, and homework assignments.

## **Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan Bibliography**

- Sales Rank: #59332 in Books
- Brand: Parallax Press
- Published on: 2010-08-10
- Released on: 2010-08-10
- Original language: English
- Number of items: 1
- Dimensions: 9.06" h x .69" w x 6.06" l, .0 pounds
- Binding: Paperback
- 224 pages

 [Download Teach, Breathe, Learn: Mindfulness in and out of t ...pdf](#)

 [Read Online Teach, Breathe, Learn: Mindfulness in and out of ...pdf](#)

## Download and Read Free Online Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan

---

### Editorial Review

#### Review

“Completely inspiring. Meena Srinivasan addresses what mindfulness training is, why it matters, and how to bring it to the classroom. What a smart, compelling read! I want to run out and buy *Teach, Breathe, Learn* for every teacher I know.”—Kathryn Lee, Project Director of RULER for Families, Yale Center for Emotional Intelligence

“*Teach, Breathe, Learn* provides valuable insights and practical tips for educators. It is a wonderful toolbox, ideal for both professional and personal development.”—Lilian Cheung, D.Sc., R.D., Lecturer, Dept. of Nutrition, Harvard School of Public Health; Co-author, *Savor*

“A must-have for mindful teachers. *Teach, Breathe, Learn* is chock full of useful resources. It shows why and how mental fitness enhances teaching and increases learning. Srinivasan is a teachers’ teacher, and her authentic and authoritative voice communicates practical wisdom with gentleness and grace.”—Deborah Schoeberlein David, M.Ed., *Mindful Teaching and Teaching Mindfulness*

"Now is the time to transform our Educational system for the sake of our children. We need to think outside the box and embrace new approaches that can draw out our deep inner resources. Mindfulness offers a way for us to tap into the inner resilience, focus and wellbeing that are already inside us. *Teach, Breathe, Learn* is a key that unlocks this inner potential. This book makes mindfulness accessible for teachers everywhere and is a great resource for sharing mindfulness with young people. It is a helpful tool for parents and educators of all backgrounds. As an accomplished international educator and dedicated mindfulness practitioner, Meena Srinivasan brings these two worlds together in this compelling book, showing how to embed mindfulness into teaching and life. Meena’s current work implementing Social Emotional Learning in the Oakland public school district embodies her commitment to transforming our nation’s education system from the inside out."—Congressman Tim Ryan, *A Mindful Nation*

"*Teach, Breathe, Learn* is a very readable, insightful book, filled with wisdom, that makes crystal clear the power of mindfulness in the classroom and how it can transform students’ lives.”—Theo Koffler, Founder, Mindfulness Without Borders

“Meena Srinivasan's authentic teacher's voice narrates her journey into mindfulness both in and out of the classroom. *Teach, Breathe, Learn* is a delicious masala of recipes for any educator interested in mapping their own journey into mindfulness.”—Lauren Alderfer, Ph.D., *Mindful Monkey, Happy Panda*

“Meena Srinivasan's experienced and kind voice, her respect for her colleagues, and her inclusion of the voices of her students demonstrates a lived understanding of the interconnection that mindfulness reveals. This is a careful and comprehensive guide to mindful teaching and learning.”—Mirabai Bush, *Contemplative Practices in Higher Education*

"*Teach, Breathe, Learn* provides an intimate look into the life and teaching of an experienced mindfulness practitioner. Meena Srinivasan beautifully describes developing and sharing mindfulness lessons with students and teachers and using these same mindfulness practices in her own life. —Richard Brady, President, Mindfulness in Education Network

“This truly is authentic social and emotional learning in action! Srinivasan combines personal mindfulness practice with her skills as a gifted classroom teacher to produce a model for all who seek to explore and develop mindfulness in education.”—Kevin Hawkins, Middle School Principal, International School of Prague

“Meena Srinivasan offers an inspiring vision of what a truly mindful education can look like. Her eloquent personal anecdotes and lesson plans are a guide into a new and transformative educational paradigm.”—Daniel Rechtschaffen, MFT, *The Way of Mindful Education*

“Clear, honest, and heartfelt. *Teach, Breathe, Learn* is a book by a truly exceptional teacher. It addresses the day-to-day realities of classroom teaching and offers teachers very practical ways to share specific skills to help students cultivate inner and outer peace throughout their school day, and in their lives beyond the classroom.”—Amy Saltzman M.D., *A Still Quiet Place*

“This book offers a model of teaching that can be embraced by any teacher ready to commit to a journey of self-awareness, mindfulness, and authenticity. Meena’s students demonstrate, in their own words, what it means to be human and to live with gratitude and compassion.” —Prajna Hallstrom, Founder of the Karuna School: A High School for Peace

#### About the Author

Meena Srinivasan is an Indian-American international educator and thought leader in the field of mindfulness in education. She was one of the youngest educators to be awarded the prestigious National Board Certification. A contributor to United Nations publications on inclusive education, Srinivasan earned an Master's degree in Education from UC Berkeley and a Bachelor's degree in History and Political Science from Amherst College. Her international outlook on education was enhanced by spending her junior year studying abroad at the London School of Economics. She has taught Middle and High School students in Brazil, India, and California and currently works for the Oakland Unified School District's Social Emotional Learning & Leadership Development Team.

Meena is a student of Thich Nhat Hanh and was involved in the creation of his bestselling book *Planting Seeds: Practicing Mindfulness with Children*. She serves on the Board of Directors of the Mindfulness in Education Network, was Core Faculty of the Mindful Education Institute, and served on the Advisory Board of the San Francisco Asian Art Museum's exhibit, *Yoga: The Art of Transformation*. Meena is also a recipient of the 2014 Hemera Foundation Contemplative Education Fellowship.

Meena lives in the San Francisco Bay Area with her husband, Eurasian-American Filmmaker, Chihiro Wimbush. Bringing together their passion for education, media, mindfulness and social justice, Meena and Chihiro started A Lens Inside, a fiscally sponsored project of United Charitable Programs - a registered 501(c)(3) public charity. A Lens Inside develops multimedia and film productions to create curriculum programs that address the exploration of social issues.

## Users Review

### From reader reviews:

#### Nathan Wilson:

Do you have favorite book? For those who have, what is your favorite's book? E-book is very important thing for us to understand everything in the world. Each e-book has different aim or perhaps goal; it means that guide has different type. Some people experience enjoy to spend their time to read a book. They are

really reading whatever they get because their hobby is definitely reading a book. Why not the person who don't like studying a book? Sometime, individual feel need book whenever they found difficult problem or perhaps exercise. Well, probably you'll have this Teach, Breathe, Learn: Mindfulness in and out of the Classroom.

**James Boyett:**

As people who live in often the modest era should be up-date about what going on or information even knowledge to make these people keep up with the era that is always change and progress. Some of you maybe will certainly update themselves by reading through books. It is a good choice in your case but the problems coming to you actually is you don't know what one you should start with. This Teach, Breathe, Learn: Mindfulness in and out of the Classroom is our recommendation so you keep up with the world. Why, as this book serves what you want and wish in this era.

**Edward Johnson:**

Reading a reserve can be one of a lot of activity that everyone in the world adores. Do you like reading book thus. There are a lot of reasons why people love it. First reading a e-book will give you a lot of new data. When you read a guide you will get new information due to the fact book is one of several ways to share the information or even their idea. Second, reading through a book will make an individual more imaginative. When you studying a book especially hype book the author will bring you to definitely imagine the story how the figures do it anything. Third, you may share your knowledge to some others. When you read this Teach, Breathe, Learn: Mindfulness in and out of the Classroom, you could tells your family, friends in addition to soon about yours reserve. Your knowledge can inspire others, make them reading a publication.

**Drew Dube:**

A number of people said that they feel bored stiff when they reading a reserve. They are directly felt that when they get a half portions of the book. You can choose often the book Teach, Breathe, Learn: Mindfulness in and out of the Classroom to make your own reading is interesting. Your own personal skill of reading expertise is developing when you like reading. Try to choose simple book to make you enjoy to learn it and mingle the opinion about book and reading through especially. It is to be initially opinion for you to like to available a book and examine it. Beside that the publication Teach, Breathe, Learn: Mindfulness in and out of the Classroom can to be your new friend when you're really feel alone and confuse with what must you're doing of this time.

**Download and Read Online Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan #MWO0H3UKD29**

## **Read Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan for online ebook**

Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan books to read online.

### **Online Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan ebook PDF download**

**Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan Doc**

**Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan Mobipocket**

**Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan EPub**

**MWO0H3UKD29: Teach, Breathe, Learn: Mindfulness in and out of the Classroom By Meena Srinivasan**