

# Cambridge Schools Conference



## ***Shifting the Focus: Finding balance in teaching and learning***

**Kevin Hawkins & Amy Burke**  
Churchill College, Cambridge  
**Wednesday, September 19<sup>th</sup> 2018**

# *Creating Conditions for Success...*



How does wellbeing help create conditions for ‘success’?

What role can mindfulness play in developing wellbeing in school communities?

Why is taking care of ourselves an essential factor in promoting wellbeing in our schools?





Kya Sands/Bloubosrand, Johannesburg Johnny Miller <http://www.unequalscenes.com/>





THE

8!

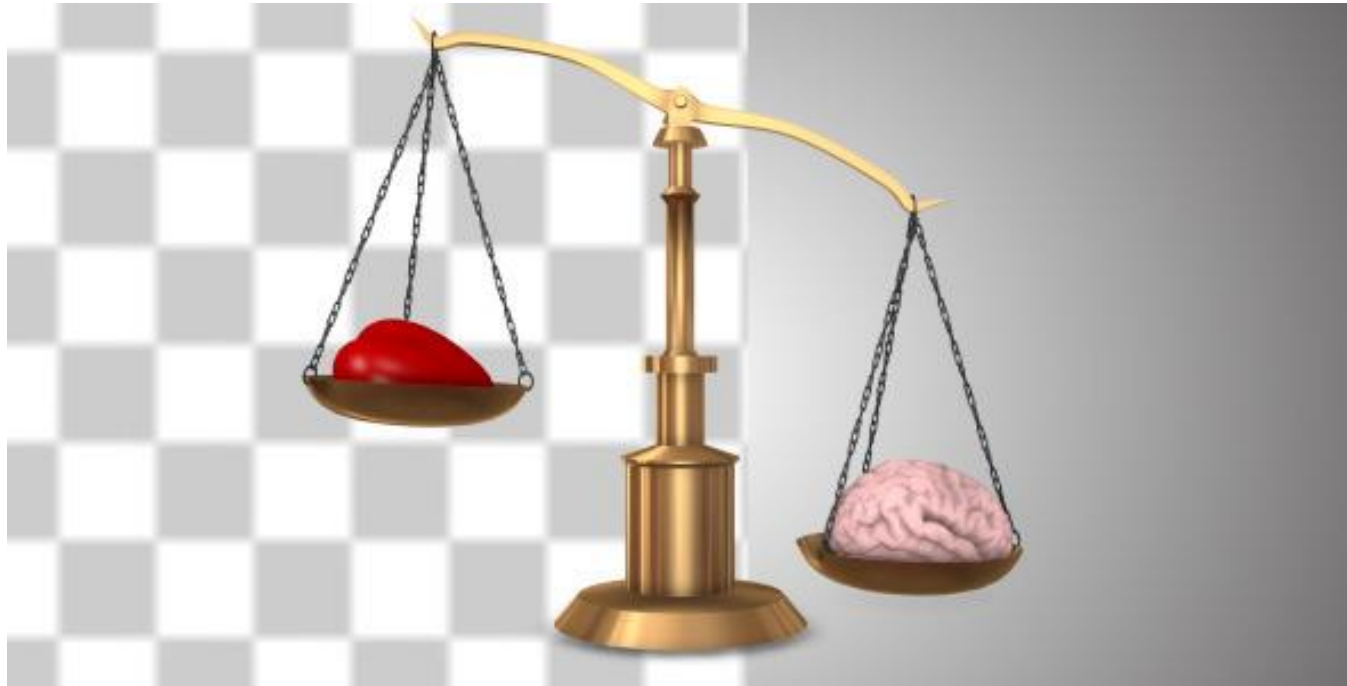
**RICHEST  
PEOPLE  
OWN THE SAME  
WEALTH AS THE  
3.5 BILLION  
POOREST PEOPLE.**



OXFAM

mind  
well











<http://syriancrisis.wordpress.com/>



*In the past 50 years, humans have consumed more resources than in all previous history.*

United States Environmental Protection Agency - 2009

















**What do we  
really want?**

Self-esteem

Compassion

Happiness

Excitement

Wellbeing

Fulfillment

Self-belief

Security

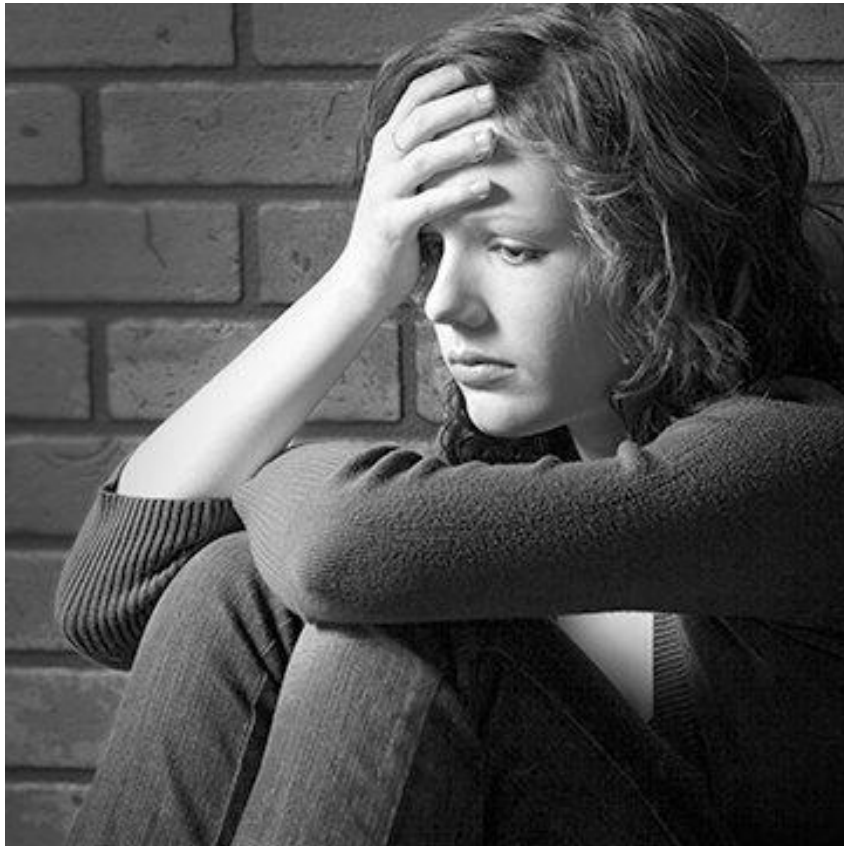
Curiosity

Imagination

Health

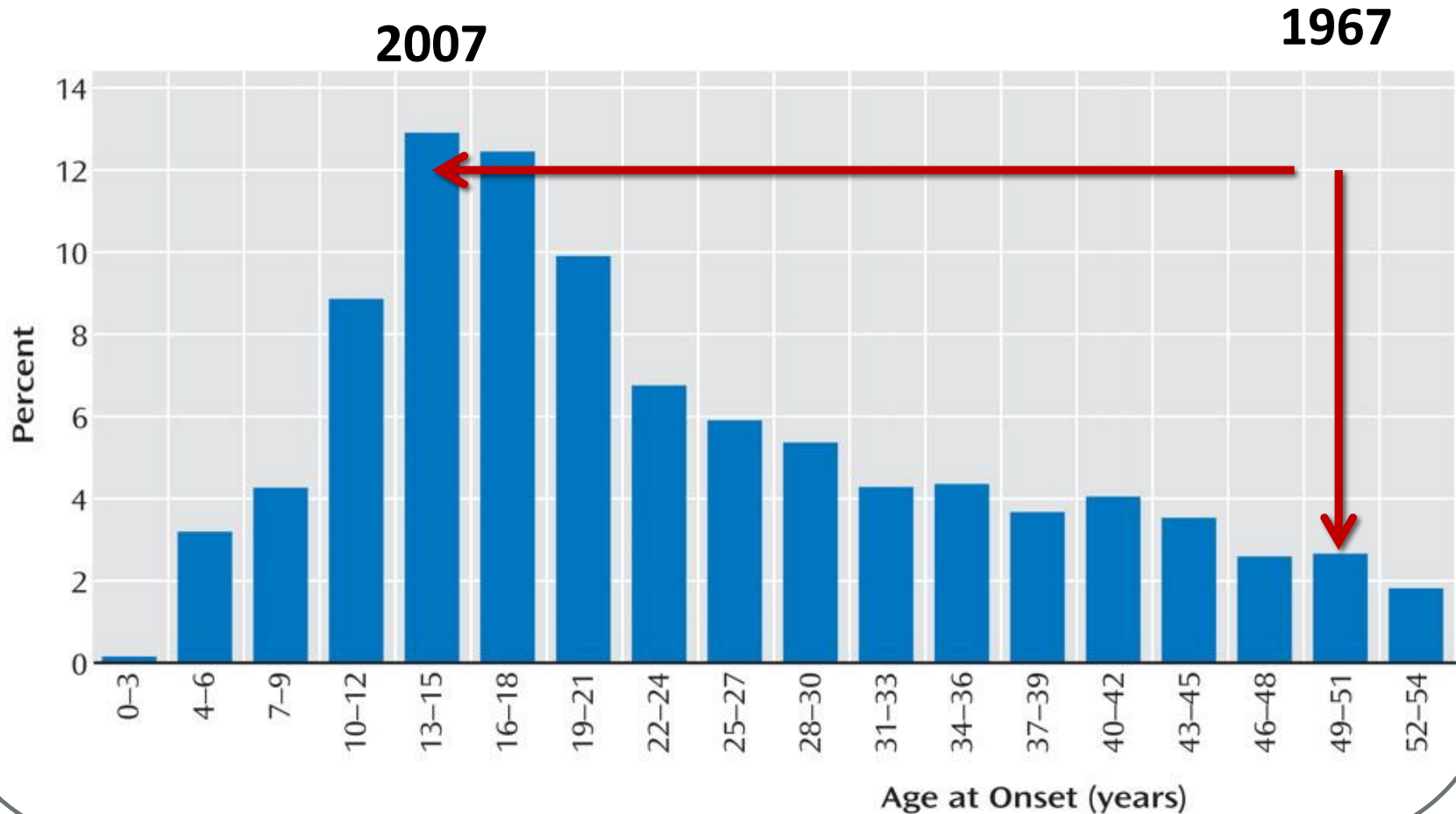
Joy

Resilience

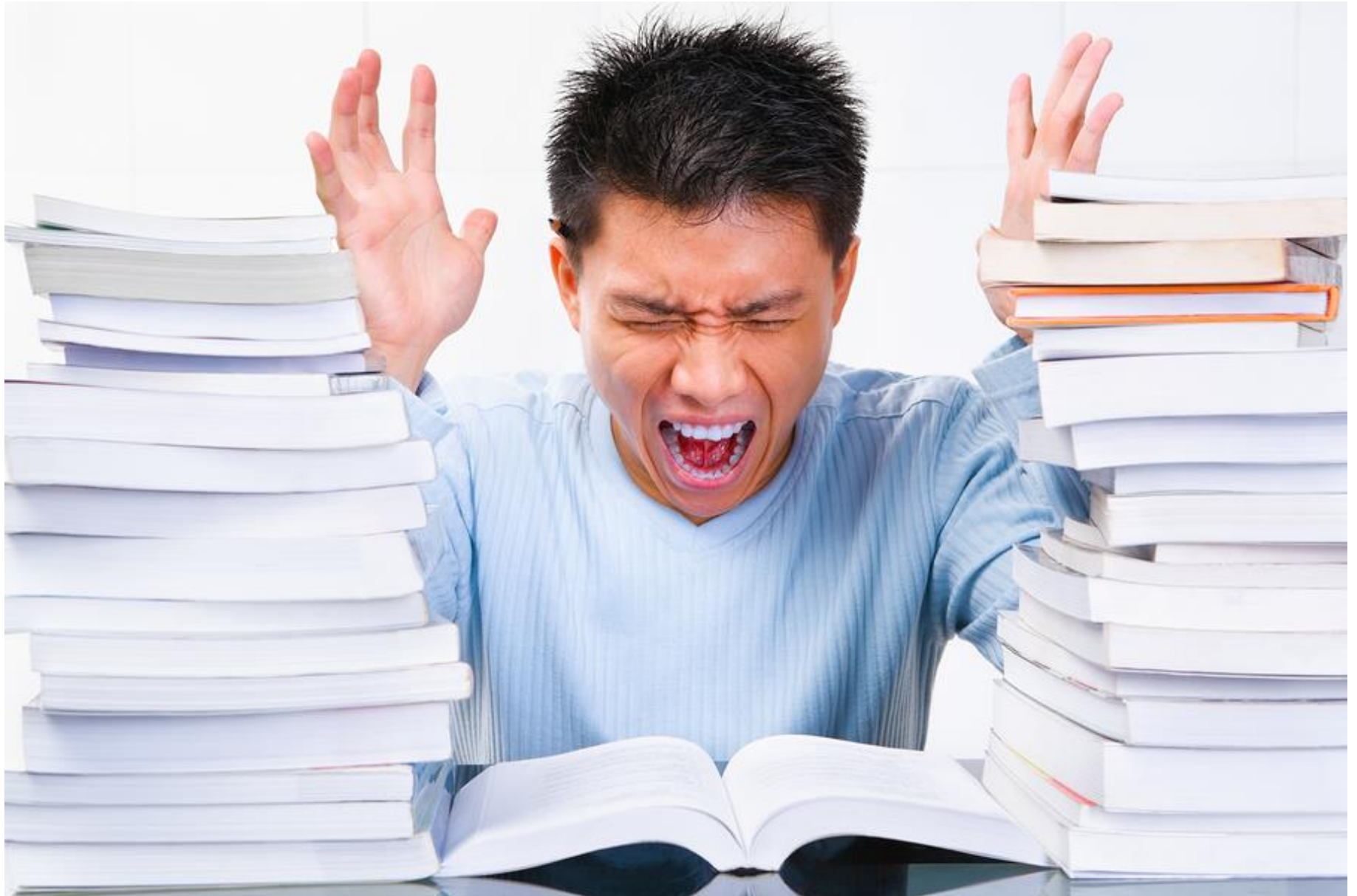


# Age of Onset of Major Depression

(N=4041; Zisook, 2007, American Journal of Psychiatry)











# Distraction...



WEAPONS OF



MASS DISTRACTION

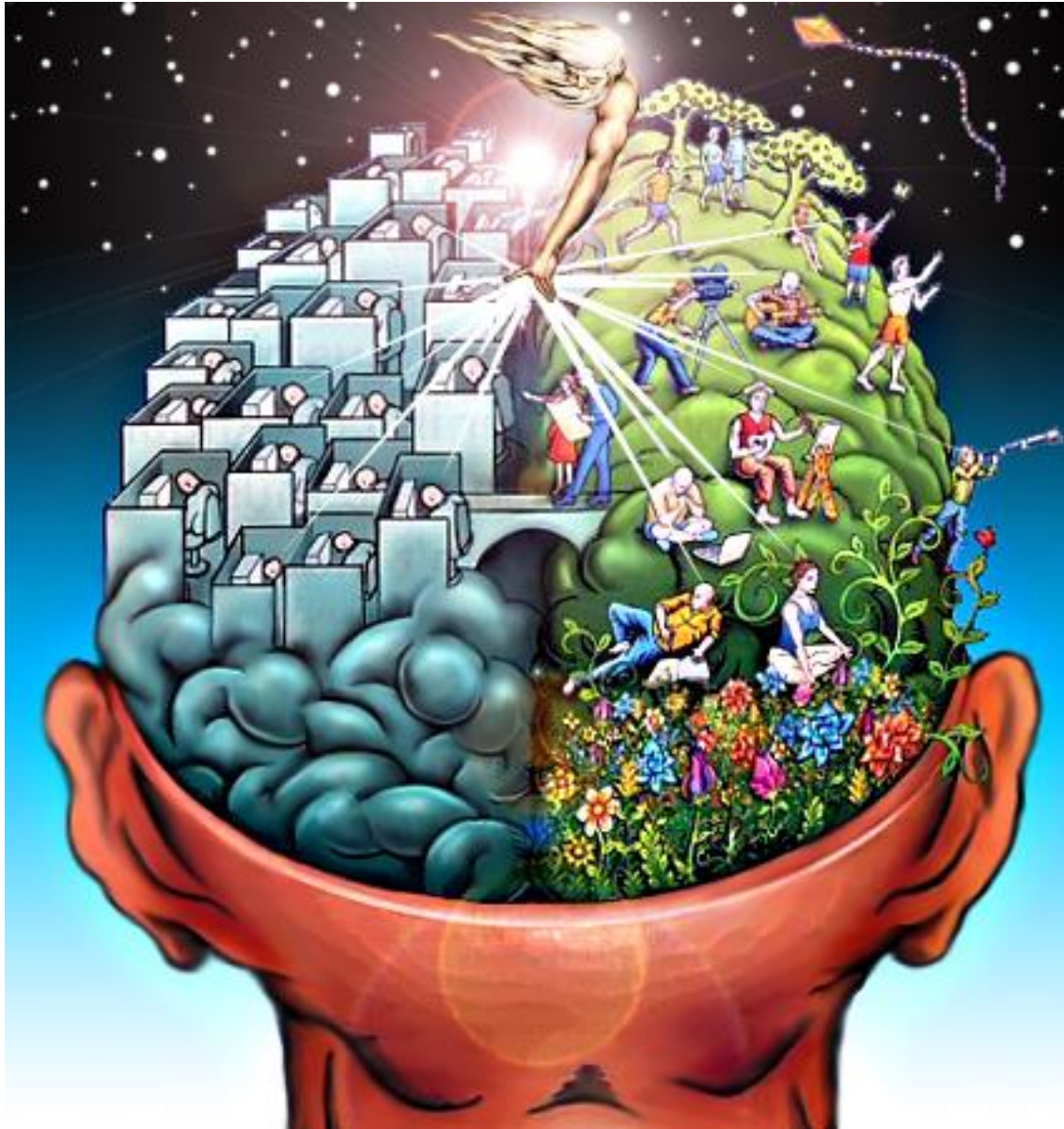


Mindfulness Advert – Mental Health Foundation UK

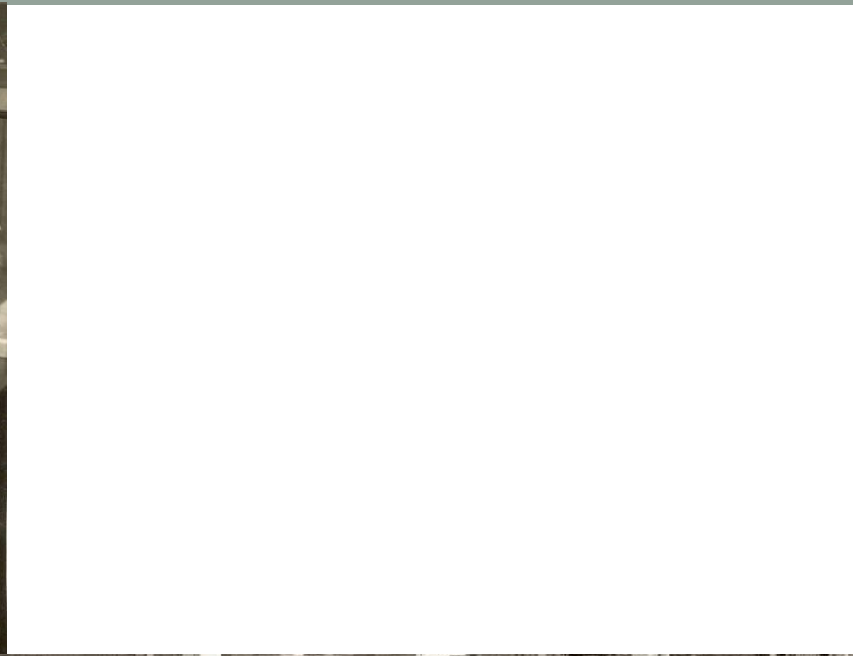




Understanding ourselves -  
our minds,  
our bodies,  
our emotions,  
- is a key life skill

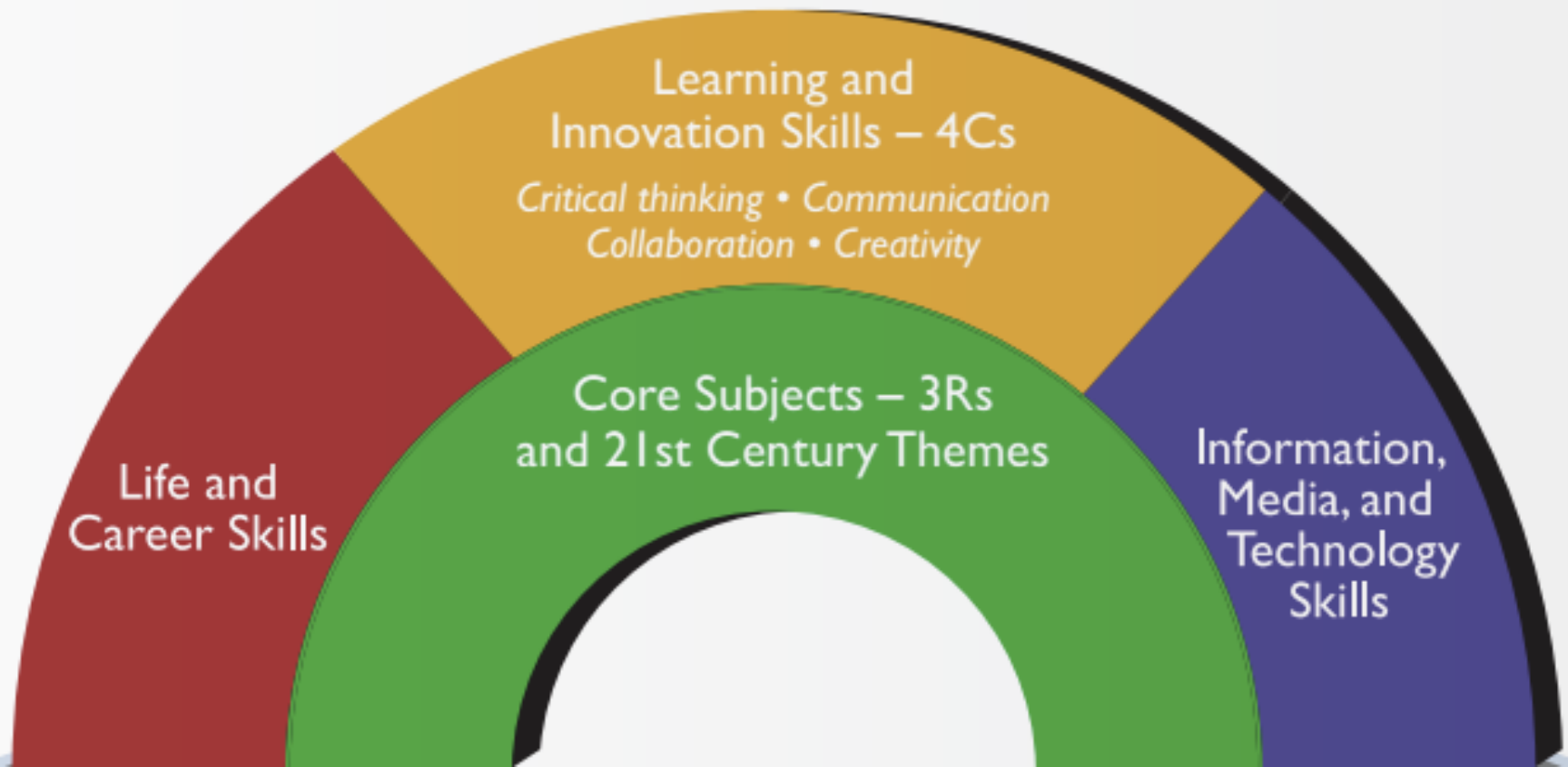








# Framework for 21st Century Learning

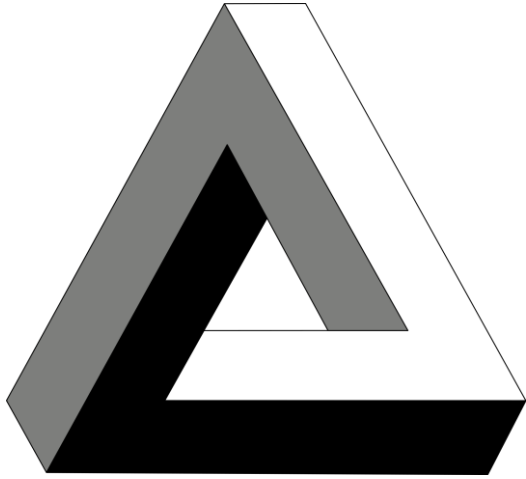


# Bloom's Taxonomy of Learning

- **Knowledge**
- **Comprehension**
- **Application**
- **Analysis**
- **Synthesis**
- **Evaluation**

**Cognitive:** mental skills

# Taxonomies of Learning



## The Three Domains of Educational Activities (Bloom, et al. 1956)

- **Cognitive:** mental skills
- **Psychomotor:** manual or physical skills
- **Affective:** growth in feelings or emotional areas









Daniel Goleman  
Peter Senge

## The Triple Focus



A New Approach  
to Education

THE FUTURE  
OF EDUCATION  
AND SKILLS

*Education 2030*



THE  
FUTURE  
WE WANT

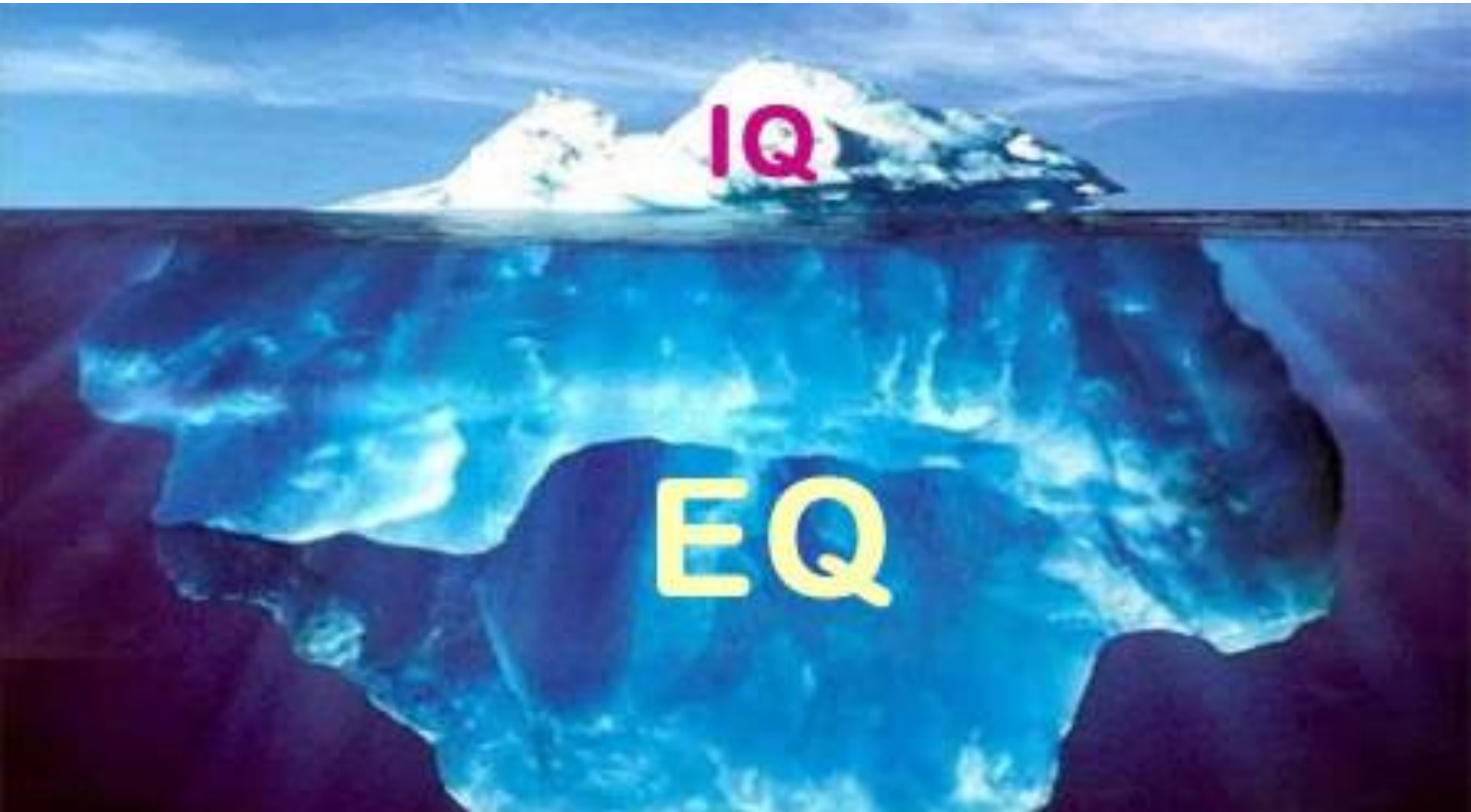


**“We are committed to helping every learner develop as a whole person,**

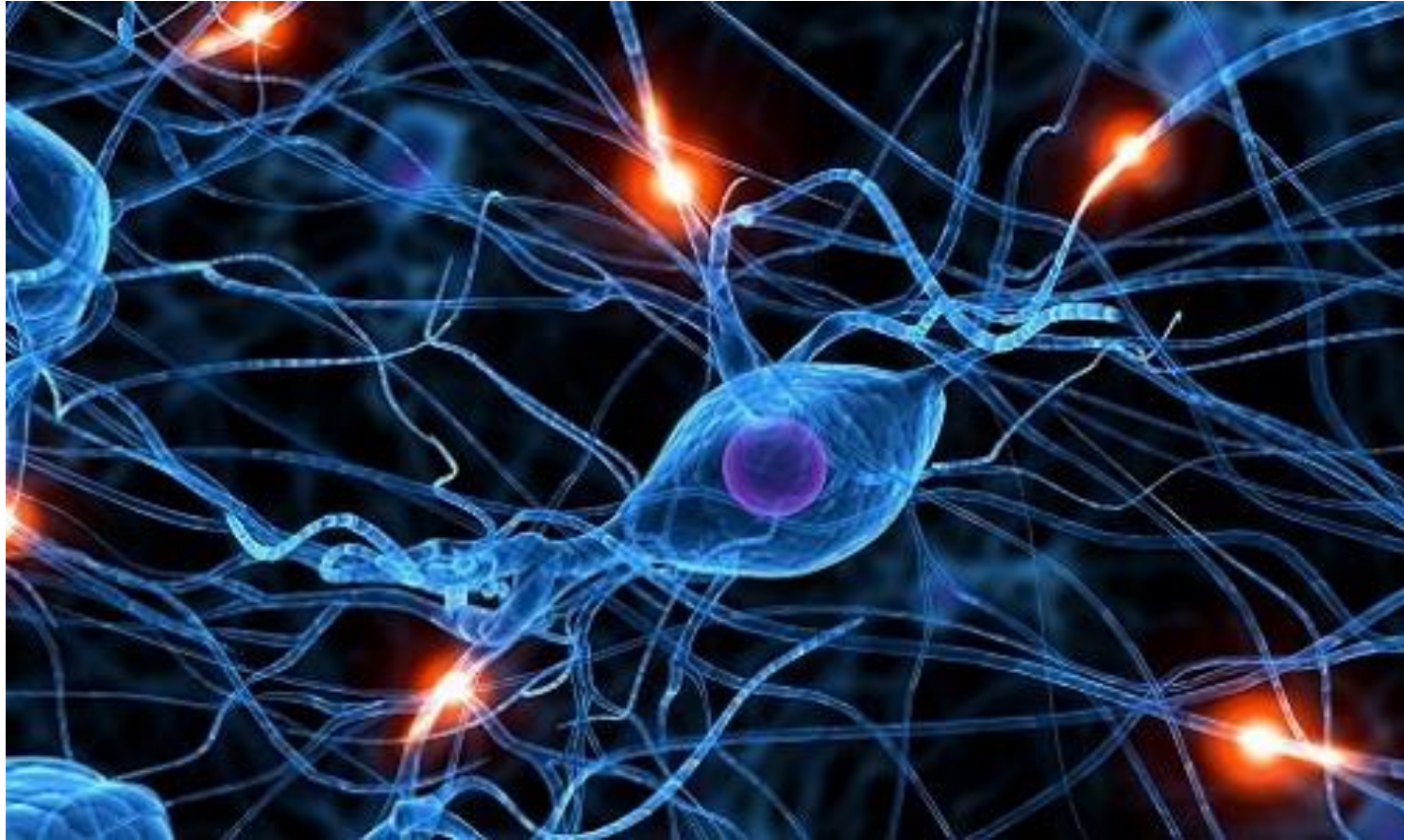
**fulfil his or her potential**

**and help shape a shared future**

**built on the well-being of individuals, communities and the planet.”**



# Neuroplasticity

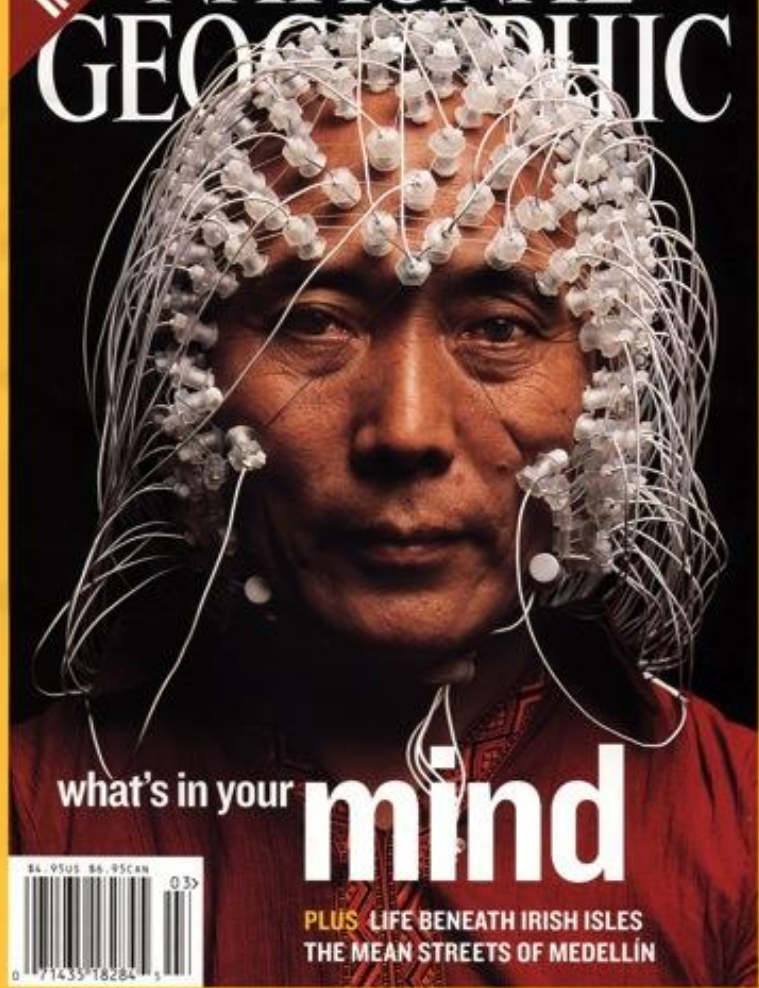


WATCH "IN THE WOMB" ON NG CHANNEL, SUNDAY, MARCH 6, AT 8 P.M. ET/9 PT

INSIDE  
ATTACK  
OF THE ALIEN  
INVADERS

NATIONALGEOGRAPHIC.COM/MAGAZINE MARCH 2005

# NATIONAL GEOGRAPHIC



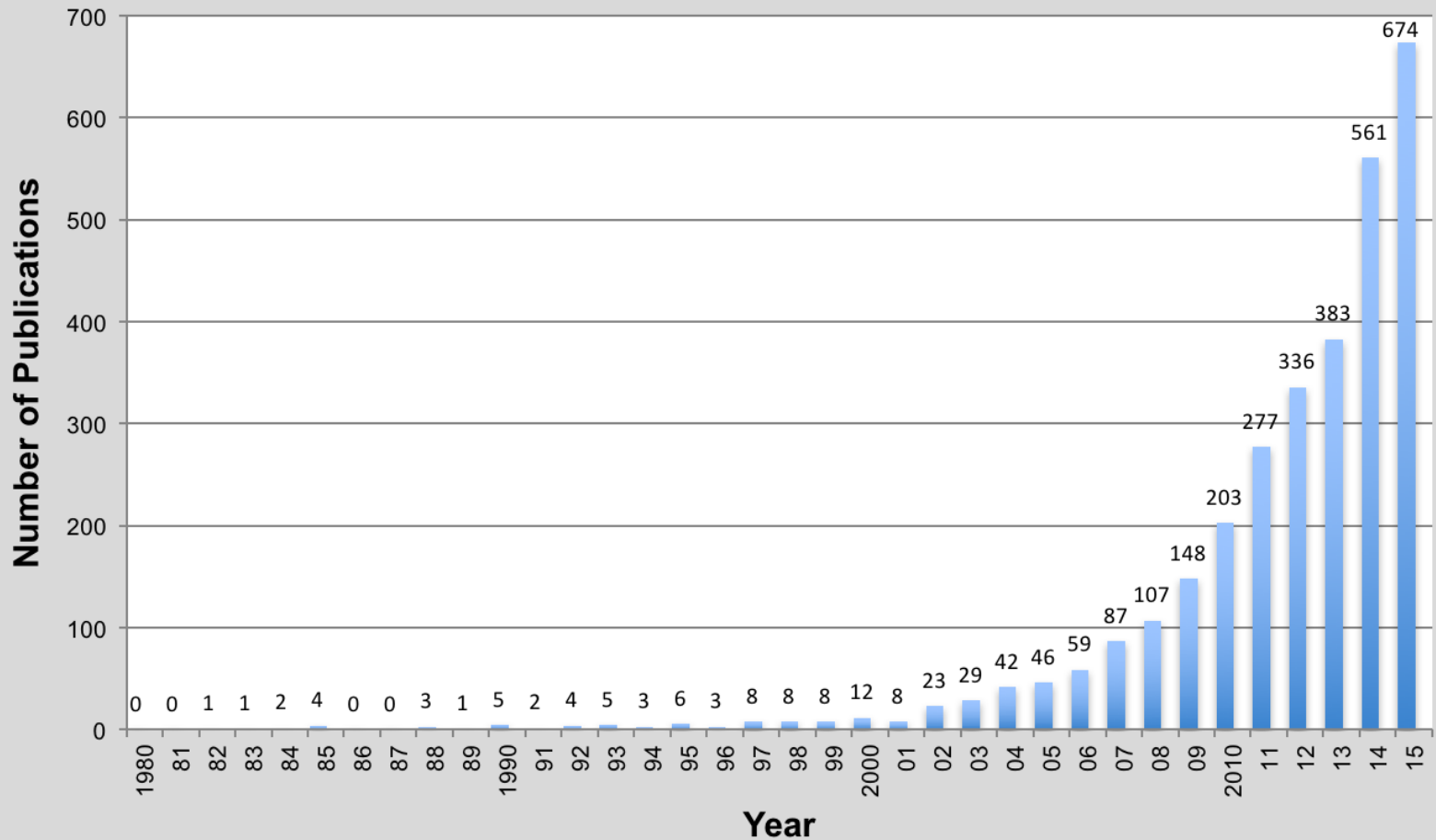
what's in your **mind**



PLUS LIFE BENEATH IRISH ISLES  
THE MEAN STREETS OF MEDELLÍN



## Mindfulness Journal Publications by Year, 1980-2015



American Mindfulness Research Association, 2016  
[www.goAMRA.org](http://www.goAMRA.org)

...in sports



...in business



**HARVARD  
BUSINESS SCHOOL**



**SONY**



**aetna™**

**mind  
well**

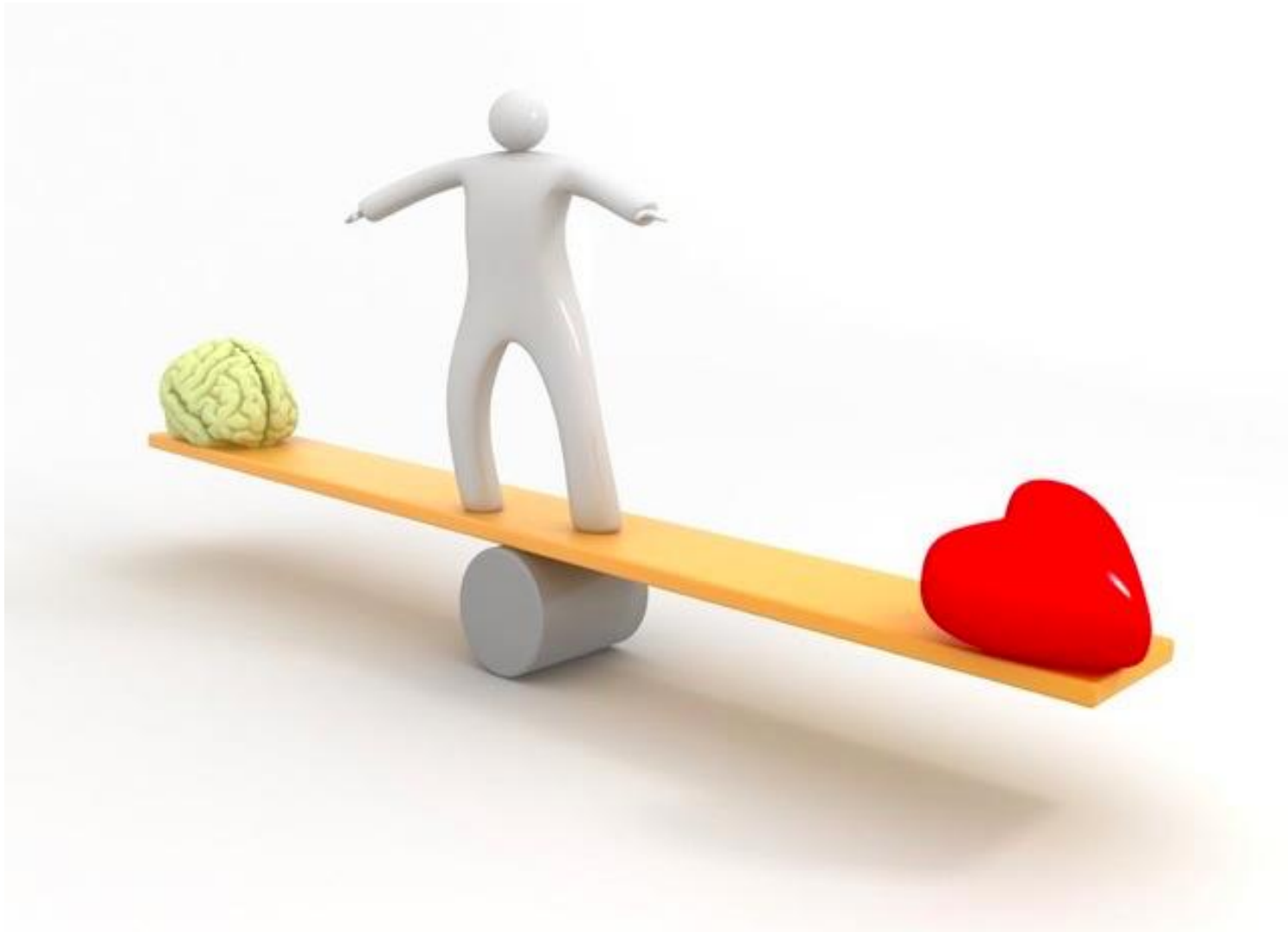


# MINDFUL NATION UK

Report by the Mindfulness All-Party  
Parliamentary Group (MAPPG)

October 2015



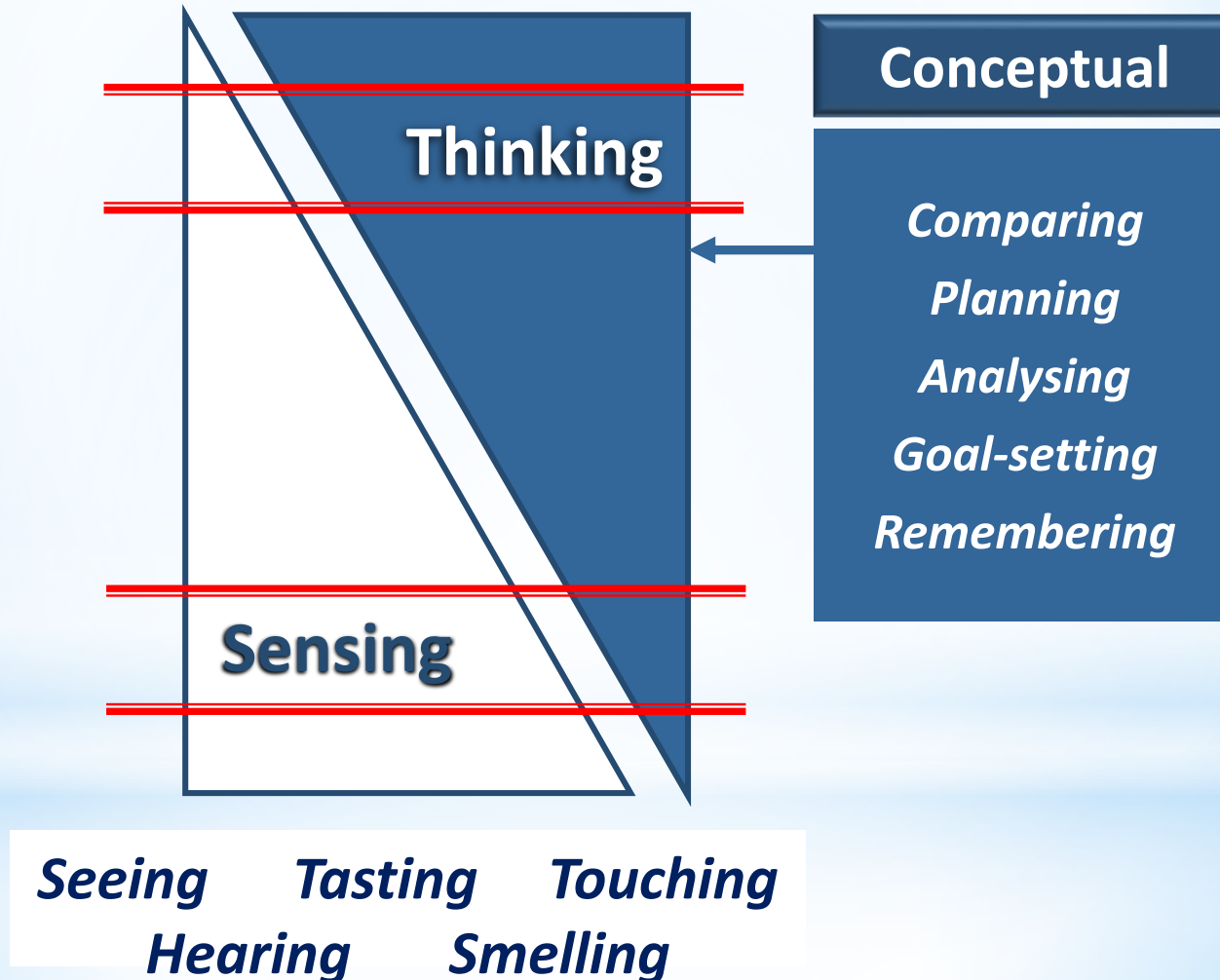


“Mr Duffy lived a short distance  
from his body.”

(James Joyce, The Dubliners)



# Two modes of mind



# Mindfulness:

The awareness that arises when we pay attention...

on purpose

in the present moment

with curiosity and kindness

...to things as they are

*Jon Kabat-Zinn*

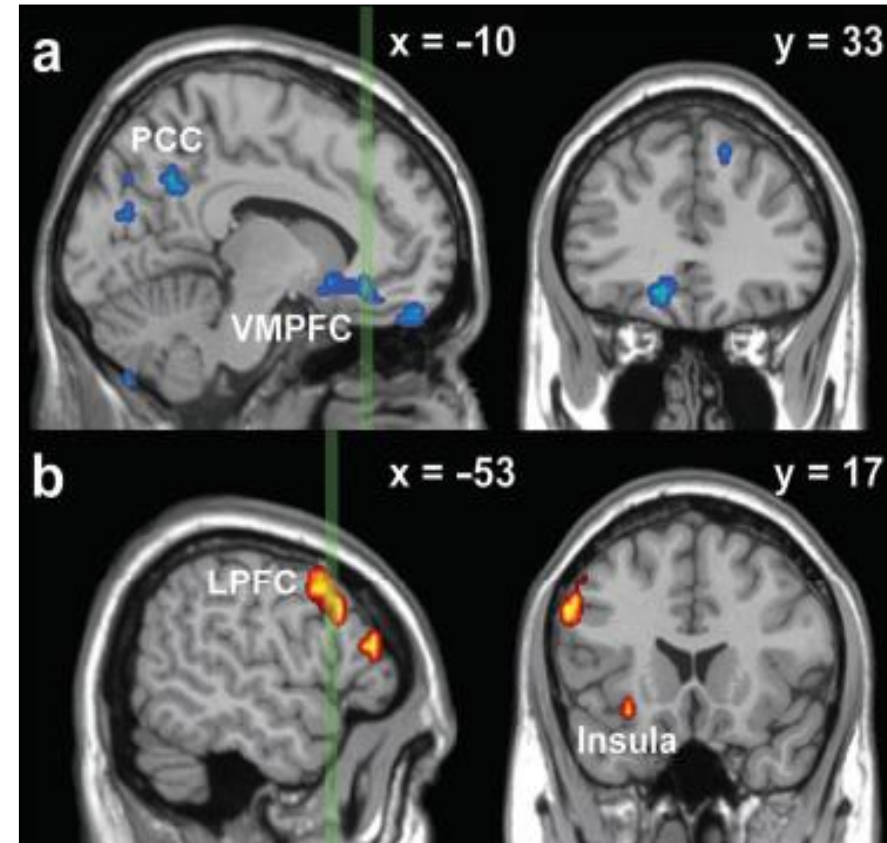
## After an 8 week mindfulness meditation program...

- found increased grey-matter density in the hippocampus

*(learning & memory)*

- decreased grey-matter density in the amygdala

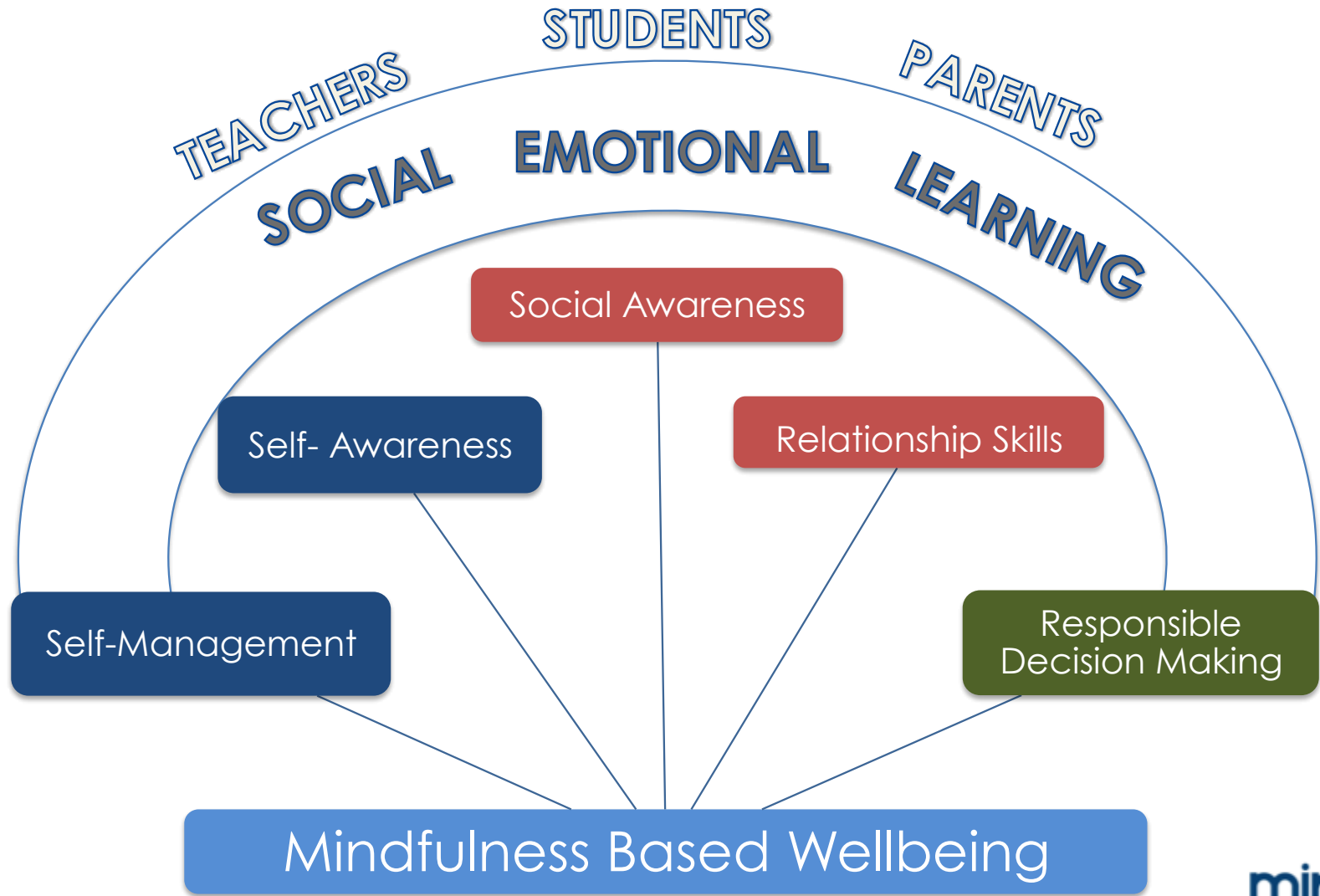
*(stress)*



“Mindfulness Meditation Training Changes Brain Structure in 8 Weeks,” January 2., 2011

<http://www.sciencedaily.com/releases/2011/01/110121144007.htm>

# WELLBEING



# Culture of Wellbeing



Students

Teachers

Parents

Support staff

Administration

School Nurses







**“Mindfulness has given me a tool kit to manage my stress.”**

**KATHERINE ZHANG**



**HARVARD**  
MEDICAL SCHOOL

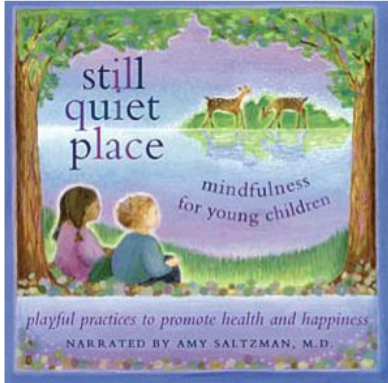


# Three Aspects of Mindfulness in Education:

Being Mindful

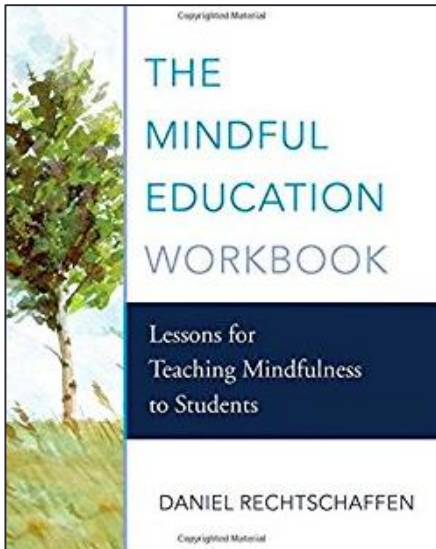
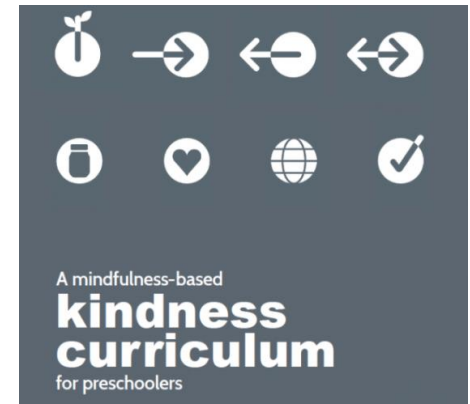
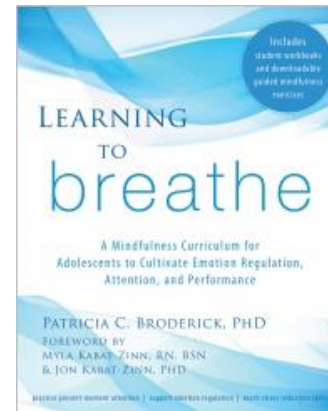
Teaching Mindfully

Teaching Mindfulness



# Mindful Schools

## Integrating Mindfulness Into Education



# MINDUP





**MiSP**  
MINDFULNESS IN SCHOOLS PROJECT

# **“Pay attention!”**

**"Parents and teachers tell kids  
100 times a day to pay attention.  
But we never teach them how."**

**Stanford researcher Philippe R. Goldin**

**attention**

Self  
Awareness

Emotional  
Regulation

**STRESS**

*FLOURISH*



# Mindfulness in UK schools

## Large scale research study



WELLCOME TRUST



UNIVERSITY OF  
CAMBRIDGE

UNIVERSITY OF  
EXETER



# *Metacognition & Focus*

*‘Mindfulness training with adolescents enhances metacognition and the inhibition of irrelevant stimuli’ (2016)*

- 16-18 year old students
- EEG’s measuring attention performance on computerised distraction tests

## ***Results showed:***

- better focus after the training
- able to *‘more efficiently inhibit irrelevant stimuli’*
- reduced hypercritical self-beliefs compared with the control group.





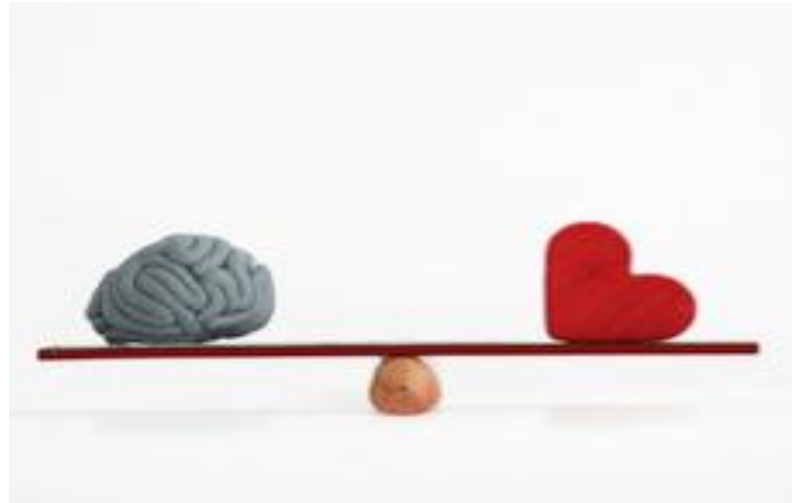
“Students with training in social-emotional learning gained an average of 11 percentile points on standardized test scores compared with students who did not receive the training.”

*The impact of enhancing SEL*  
*A meta-analysis of school-based universal interventions*

Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011)\*

\*Child Development, 82, 405–432.





*“Educating the mind without educating the heart is no education at all.”*

*Aristotle*

# Three Aspects of Mindfulness in Education:

Being Mindful

Teaching Mindfully

Teaching Mindfulness

“What we want for our children  
we need for ourselves”

# Oxygen Mask Principle

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”







# Teacher Retreats



GARRISON INSTITUTE

CULTIVATING AWARENESS AND RESILIENCE IN EDUCATION

New York City Research (published 2017):

**200+ teachers**

**36 urban elementary schools**

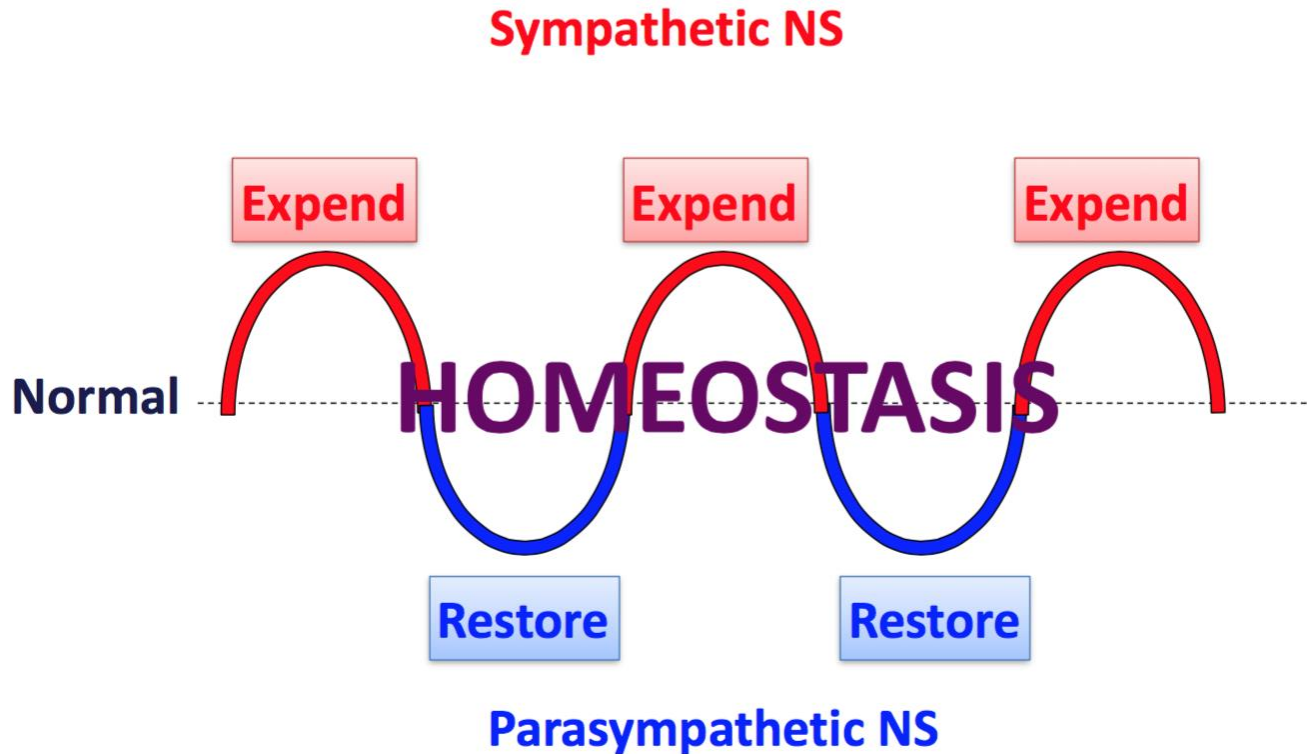
**5000 students**

- *Reduction of stress symptoms*
- *Reduced sense of time pressure*
- *Increase in emotional regulation*
- *Increased emotional support for students*
- *Improved classroom organization*

# Self-care



# Autonomic Nervous System



# Three Aspects of Mindfulness in Education:

Being Mindful

Teaching Mindfully

Teaching Mindfulness



Improving Wellbeing  
in Teaching & Learning

kevin

hawkins



# Body as Barometer



**“Keeping our own  
wellbeing  
in mind is essential  
in creating  
an optimal  
learning environment”**

Adapted from Daniel Siegel, forward to “Social Neuroscience of Education”



# The Social Neuroscience of Education



Optimizing Attachment & Learning  
in the Classroom

LOUIS COZOLINO

**HOW WE TEACH IS**

**AS IMPORTANT AS**

**WHAT WE TEACH**

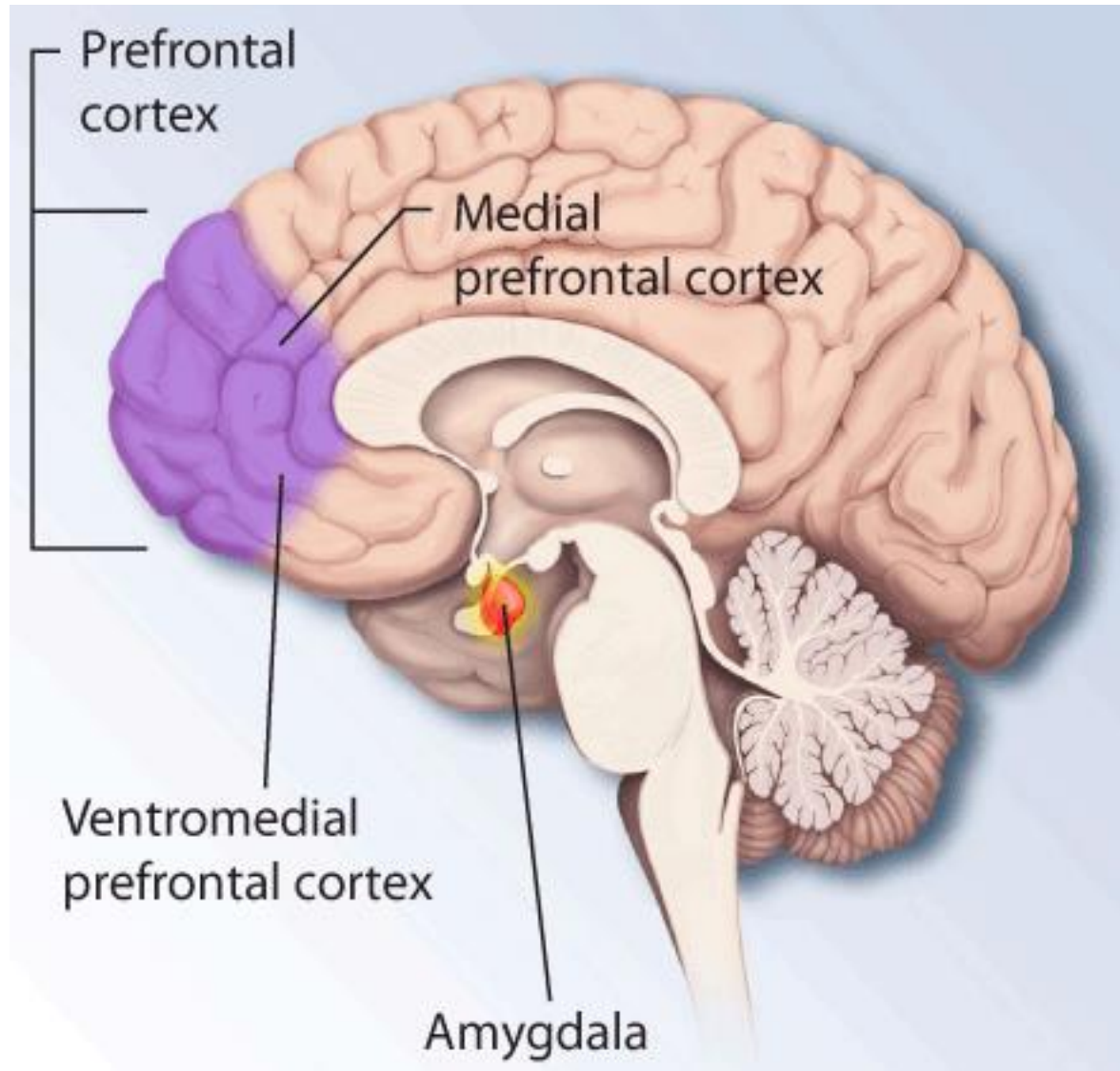
# Teaching Mindfully:

- **Stress management + enjoyment**
- **Optimal Learning Environments**
- **Individual Student Attunement**




# Social Neuroscience









# Neuro Scientific Sculptors

# Behaviour Management ...





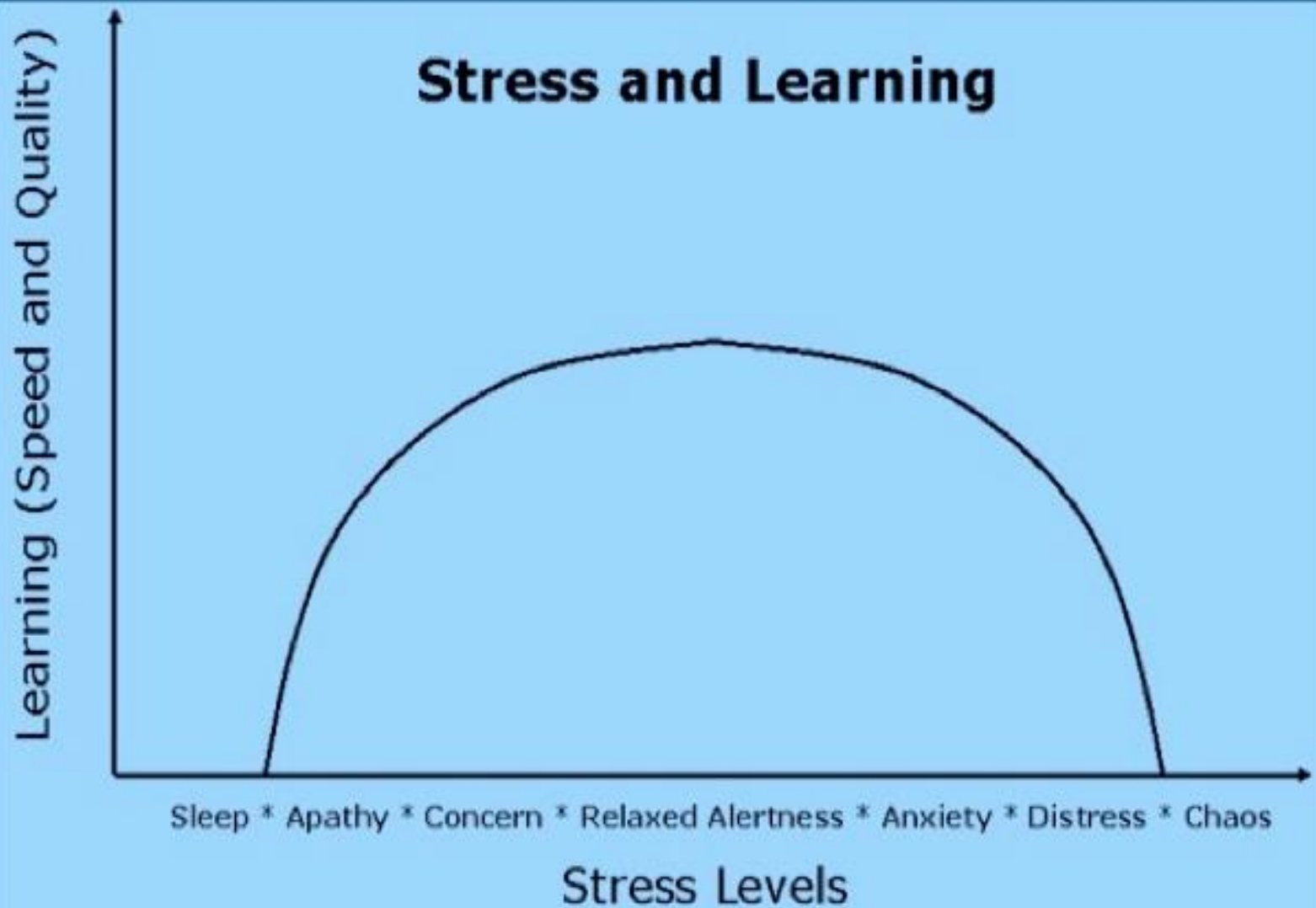
# PHYSICAL



# EMOTIONAL



# Stress and Learning

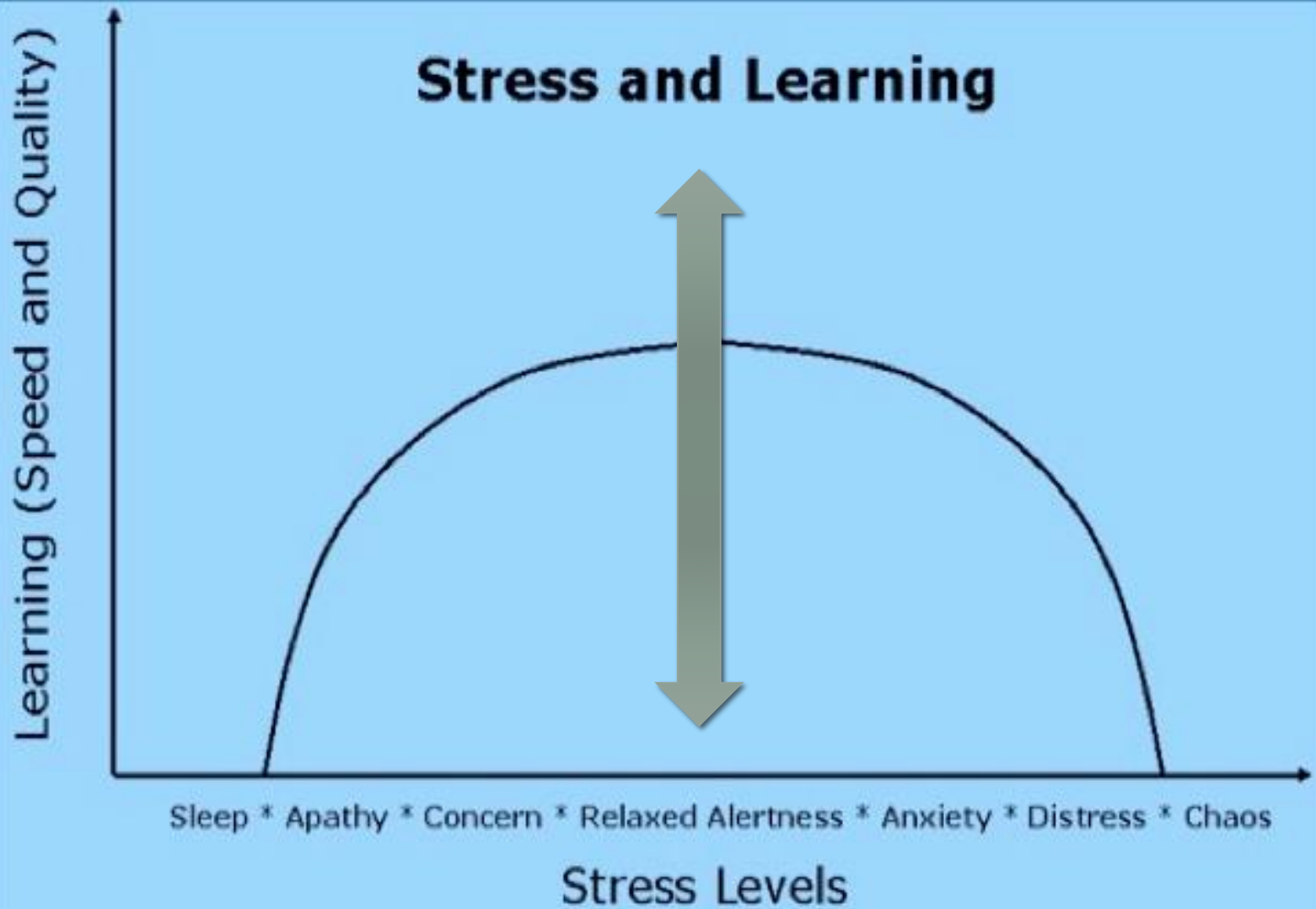


Sleep \* Apathy \* Concern \* Relaxed Alertness \* Anxiety \* Distress \* Chaos

Stress Levels

Chart from "Teaching with the Brain in Mind" by Eric Jensen

# Stress and Learning



Sleep \* Apathy \* Concern \* Relaxed Alertness \* Anxiety \* Distress \* Chaos

Stress Levels

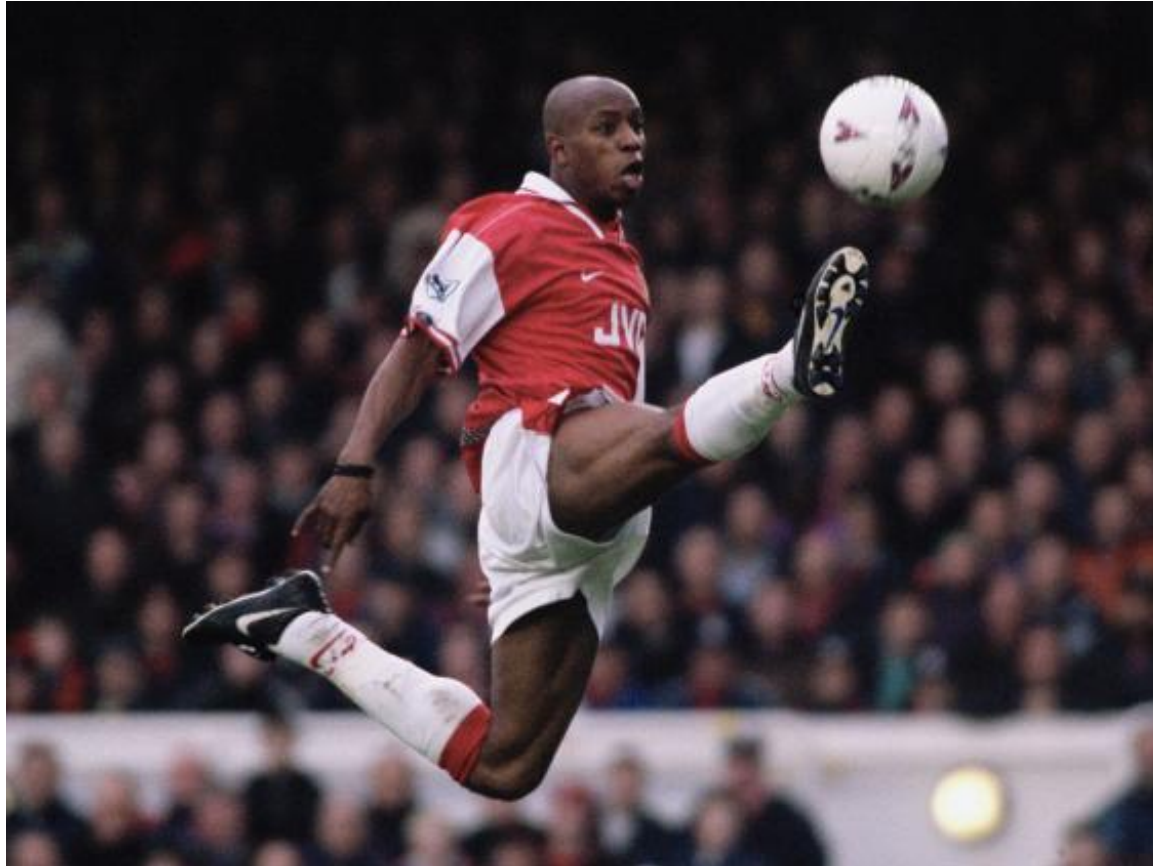
Chart from "Teaching with the Brain in Mind" by Eric Jensen

# Individual Student Attunement





# Ian Wright











# *shifting the focus*

first in ourselves,  
our teaching,  
our students  
and in our schools

# *Happy Teachers Change the World*

*Thich Nhat Hanh*



# Thank you!



[mindwell-education.com](http://mindwell-education.com)

*Keep in touch! - Sign up for our newsletter*

