



Meet. Share. Spark Innovation.

Dear Colleagues,

Welcome to the new school year and a new Spark! We offer these resources to spark conversation and innovation in 15 minutes or less. These “sparks” can be used as food for thought or to engage in conversations among peers. ISACS will be sending Sparks throughout the school year and we hope they will be helpful!

August’s Topic – Teacher Mindfulness

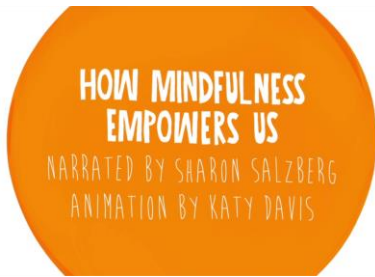
Mindfulness is tuning into what we’re sensing in the present moment, aware of our thoughts, feelings, sensations, and environment. It involves acceptance; paying attention to our thoughts and feelings without judging them. If we effectively model mindfulness, we may attain a more positive classroom climate while also managing our own stress.

Videos:



Clip #1: [What is Mindfulness...And What Does It Mean to You?](#)

This video by Mrs. Mindfulness offers basic understanding of mindfulness and aims to evoke memories of mindful experiences. Learn how to be mindful at any time you choose! (4:46 minutes)



Clip #2: [How Mindfulness Empowers Us: An Animation](#)

This Happify animation narrated by Sharon Salzberg, author of Real Happiness, is a Native tale on mindfulness that allows us to see our own thoughts and feelings as they really are. In other Happify animations, Sharon Salzberg walks you through the basics with more guided meditation videos. (2:09 minutes)



Clip #3: [Mindfulness Is Being Alive and Knowing It](#) (An Animation)

On autopilot? Bring mindfulness to young people and those who care for them. These animations are freely available through the Mindfulness in Schools Project, www.dotbe.org. (1:38 minutes)



Clip #4: [Belly Breathe with Elmo](#)

Sesame Street: Feeling like a monster? Colbie Caillat and Common recommend a calming breath. A fun song and music video that demonstrates that how to belly breathe and find your mindful place. (2:50 minutes)

Additional books and websites of interest:

- **Books:**
 - [Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom](#) by Patricia A. Jennings
 - [Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World](#) by Mark Williams and Danny Penman
- **Music:**
 - Cloud Cult - The following songs communicate how to stay focused on what is happening now.
 - [“Days to Remember”](#)
 - [“Time Machine Invention”](#)
- **Website:**
 - [Mindful Schools: Resources to Introduce Mindfulness to Schools](#)
 - [Edutopia: Mindfulness Education](#)

Look for new topics coming in September!

Regards,

The ISACS Professional Services Committee & the ISACS Professional Development Team

PAST SPARKS

Please visit www.isacs.org/ISACSSpark to view all previous ISACS Sparks.

This email has been sent to heads of school, division heads, assistant/associate heads, deans of faculty, deans of studies, directors of professional development and ISACS teacher representatives.