Mindful Teaching and Mindful Learning
Contemplative Pedagogy for the Classroom

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Center for Teaching Excellence
University of Hawaii
February 5th, 2019
A Little About Me...
Learning Goals for Today

• The basic understanding of contemplative pedagogy
• Several benefits of using it in the classroom
• Experience activities together as we learn today
• Several examples of application across disciplines
• Guidance on how to apply it in your own course
• Invitation to explore mindfulness in your daily life 😊
“We are all the leaves of one tree. We are all the waves of one sea.”

Thich Nhat Han
“Even as the leaves are shimmering and green, what lives in them lives in me...”
Think, Pair, Share...

1) Reflect on what you think CP is...
Think, Pair, Share...

1) Reflect on what you think CP is...
2) Meet your neighbor
3) Share what drew you to the talk
4) Share what you came up with for the definition of CP
What is CP?

- Helping bring mindfulness into the classroom
- Connecting with something greater than ourselves
- Cultivating awareness of interconnectedness
- Focus
- Breathing
- Allowing time and space to think more deeply (introspection)
- Active Listening
- Reframing from judgment (observing)
- Participation
- Student Centered (Making it personal for the students, making it meaningful, hopes and dreams)
- Joyful
- Present with topic, present in general
- Spiritual but not religious
- Open-ness
- Loving kindness
- Safety, welcoming, trusting environment
- Humor
- Multi-sensory, group work, food
- Turning Inward, cultivating the inward gaze
- Rhythms, groove, heart beat
- Flowing, not being so ridged
- Learning from students
- Creating purpose and meaning
- Silence and pausing
- Embodied actions, Experiential
- Whole human
Goals of CP:

- Attention building and focus
- Introspection
- Building compassion and connection to others
- Inquiry into the nature of their mind, and the mind
Benefits of CP in the Classroom

• Increased concentration and attention
• Increased mental health and psychological well-being
• Increased connection, generosity, empathy and kindness (aka compassion)
• Deepened understanding of the course material
• Increased creativity and insight
Examples of CP in the Classroom

From this workshop! (How many have we used so far?)

Cue Card Personal Reflection
- Dr. Stanley Asah, Environment & Societies Course

Seminar on information overload and distraction
Walking and sitting meditation practice
Body Scan
- Dr. David M. Levy, Computer Science

Somatic Body Learning of selective gene hybridization of corn, ocean currents
Poetry
Sit Spot
- Dr. Elizabeth Wheat, Environmental Pedagogy & Environment 100
Examples of CP in the Classroom

Reading of the Tao Te Jing
Council of All Beings
    - Dr. Peter Kahn, Ecopsychology

Climate Change Simulation Game
Emotions Reflection & Conversation
Class Stretch Break
Song
Story/Myth
    - Dr. Miku Lenentine, Social Forestry & Environment 100

Pedagogy of Aloha
    - Dr. Manu Aluli Meyer (UH)
Visualize CP in Your Class...
Think, Pair, Share...

- Share Vision
- Obstacles?
- Questions
- How confident you are?
Visualize CP in Your Life...
Sources & Resources


• Center for the Contemplative Mind: [http://www.contemplativemind.org/](http://www.contemplativemind.org/)

• Vanderbilt University CP Page: [https://cft.vanderbilt.edu/guides-sub-pages/contemplative-pedagogy/](https://cft.vanderbilt.edu/guides-sub-pages/contemplative-pedagogy/)


“Every path, every street in the world is your walking meditation path”

Thich Nhat Han