

Mindful Reflection The Need to Care

As an individual or with your study group, respond to the mindful reflection questions.

- What do you know about the trauma your students experience at home or at school?
- What steps, if any, is your school community taking to combat trauma and increase social well-being for students and teachers?
- Racism, intolerance, and prejudice are major factors contributing to trauma. How prevalent are these in your local area? Who is addressing them, and how?
- What do you know about mindfulness?
- Are you implementing any mindfulness practices in your classroom, your school, or your own life? If so, describe the practices and their impact to date.
- Describe your school community. How compassionate is it? Has there been a conscious effort to increase compassion? Explain how.