

Mindful Reflection

The Journey—Healing Along the Way

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

- Do you agree that teachers can be agents of healing for students who have faced stress and trauma? If so, how? If not, why?
- Poverty contributes to trauma in numerous ways. What in your classroom, school, or community is helping lessen poverty's impact?
- Can you envision a paradigm shift toward more compassionate education? If so, what are some of the key factors in your vision for schools to become more compassionate? If not, why not?
- Do you agree that schools have been hyper-focused on academic growth to the exclusion of some factors needed to support students? Why or why not?
- As you look back on your own life, are there areas where you already experienced healing? Are there areas still in need of healing?