

5 Ways to Create a Zen Classroom This School Year!

We could all use a little more peace, passion and positivity in our lives couldn't we? Use these 5 tips to make sure your classroom is a mindful one this year!

1. Create a calm space.

Classrooms usually have stuff everywhere right? Resources, books, bags, paper, crayons....! Think about a corner or space you can create a cool zen experience for your students! A few comfy cushions, a blanket, a ipod with water sounds or a mediation for kids (see our suggestions at

[www.mindbe-](http://www.mindbe-education.com/resources)

[education.com/resources](http://www.mindbe-education.com/resources)). Other cool

ideas for this space are fish in a tank, plants and twinkly fairy lights on netting. Let your child go here to take a break, relax and to just be.



2. Just Be.

When we are rushing around every minute of the day, we go into overwhelm. Sometimes, we just need to pause and take a breath. It's a great idea to tell your students when you are doing this too. If you start to feel frazzled at all, say something like "I'm starting to feel a bit of stress, I'm going to take a breath and just relax for a minute". Leading by example here is the key! You'll be amazed to hear your students doing the same within a few months!



3. Start your day with a 5-minute grounding and mindfulness practice.

Before you start your classwork add this to the routine! Take a moment to sit up straight, close your eyes and take some deep breaths in and out together with

your students to calm their inner spirits before you begin your school work. You might set an intention for the day at this time as well. Things like “Today I intend to keep my mind peaceful and productive” or “Today I hope to help three other people” or “Today I will be kind to myself”. This type of routine helps create a calm zen and ready to focus class!

4. Bring mindful stories into your classroom.

Reading is a wonderful way to explore what the characters are doing and saying and discuss what you would do or what you think about the situation. This type of bibliotherapy is an awesome at getting kids talking without feeling self-conscious or shy as they can discuss things from the perspective of the characters. [Click here to see our recommended books.](#)

5. Consider taking time each day to practice deep breathing.

The research on the benefits of this practice are enormous! This life skill will help your students for the rest of their lives. Deep breathing is simple, take less than 3 minutes and can keep the nervous system feeling great, reduce stress and anxiety and can bring more oxygen to the brain. Some fun ideas to try out back to back breathing- have students sit back to back and notice each other’s breaths going in and out or try blowing bubbles together practicing breathing in and out!



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