

Ontario Teachers' Federation
Your Voice. Your Strength.

Teaching from Within: Embracing Being over Doing

Exploring the Impact of Emotional Presence in the
Classroom

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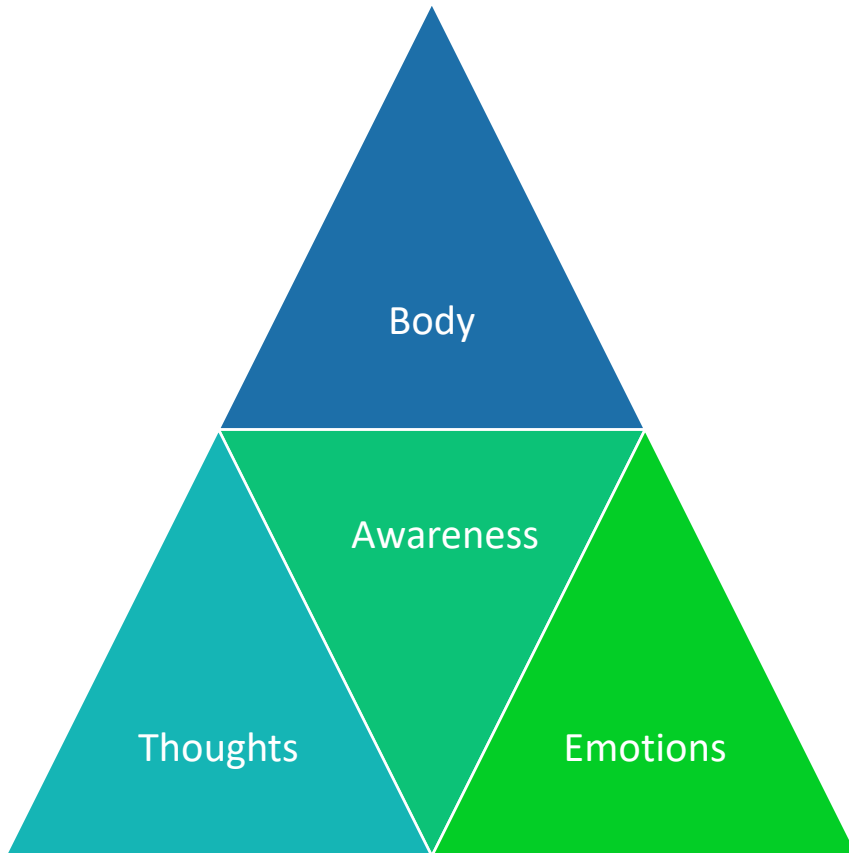
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November 23, 2023

Let's Take a Moment to Arrive



PAUSE & Notice the Triangle of Awareness



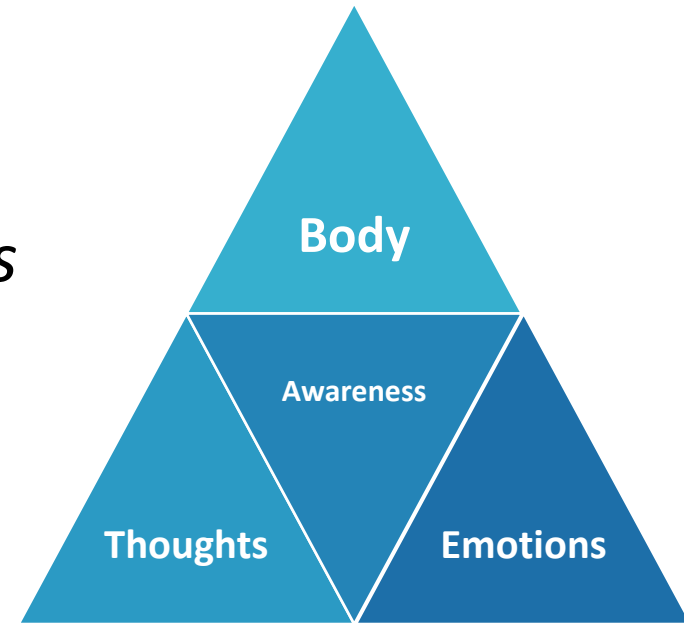
Taking a long, slow breath....

- Noticing **physical sensations** (energy level, body temperature, physical sensations)
- Noticing **thoughts** (monkey mind, sloth mind, fixated on the past? Future? Or settling easily into the present moment?)
- Noticing **emotions**/mood states (naming what is being felt)

Can you be curious about what you notice without making judgments?

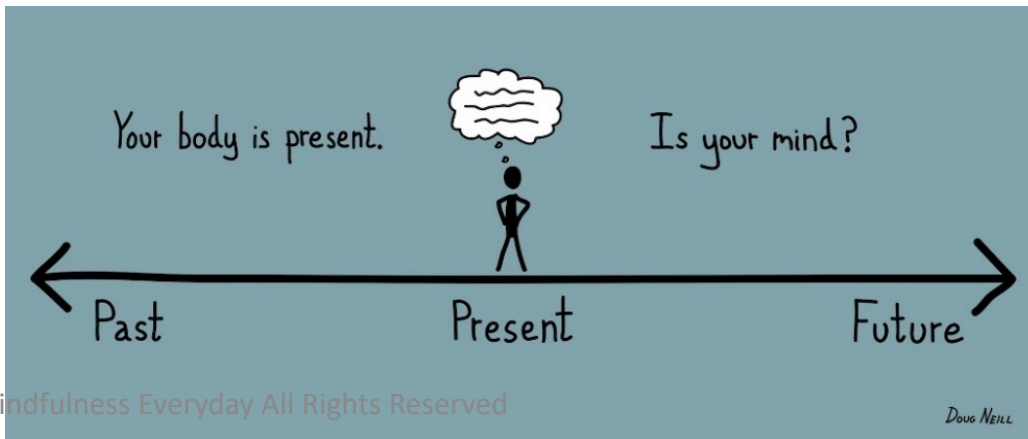
Inquiry/Debrief: Your PAUSE Practice Experience

- ❖ *How many of you spend a lot of time:
 - *thinking about things that happened in the past?*
 - *worrying about or planning things that may happen in the future?**
- ❖ *What happens to the moment you are in?*
- ❖ *How does intentionally pausing and scanning your triangle of awareness help you be here now?*

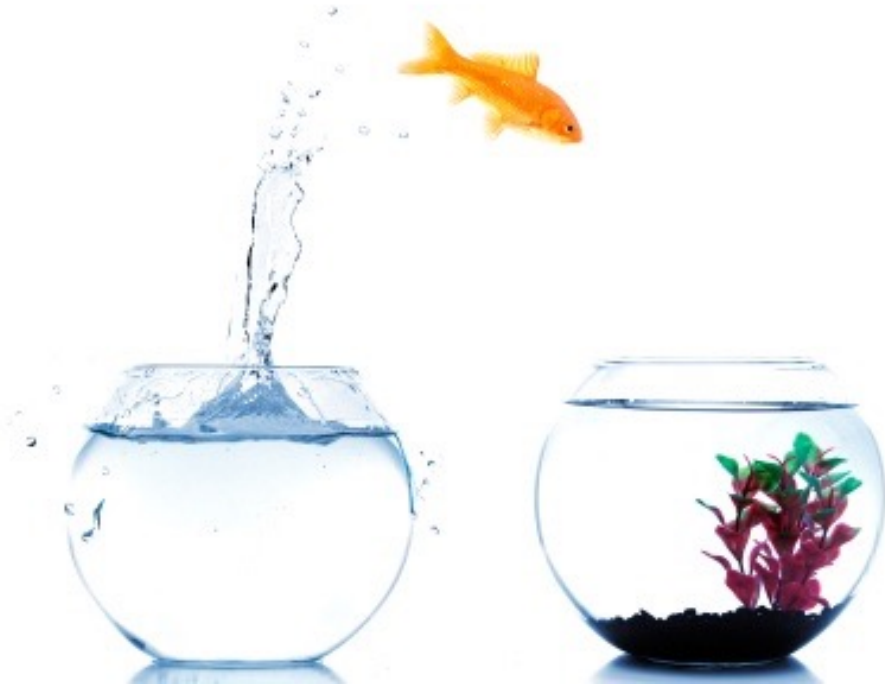




What is the Point of an Arriving Practice



Acknowledging Transitions



*Transitions are the spaces between moments. Transitions are not just about just getting you ready for the next experience, they **are** the experience. -Sherianna Boyle*

❖ *What do you do to help yourself make transitions from one mental/physical space to another?*

Acknowledgement of Traditional Land in Toronto

I am my silence,

*I am not the busyness of my thoughts or the daily
rhythm of my actions.*

I am not the stuff that constitutes my world.

I am not my talk.

I am not my actions.

I am my silence.

I am the consciousness that perceives all these things.

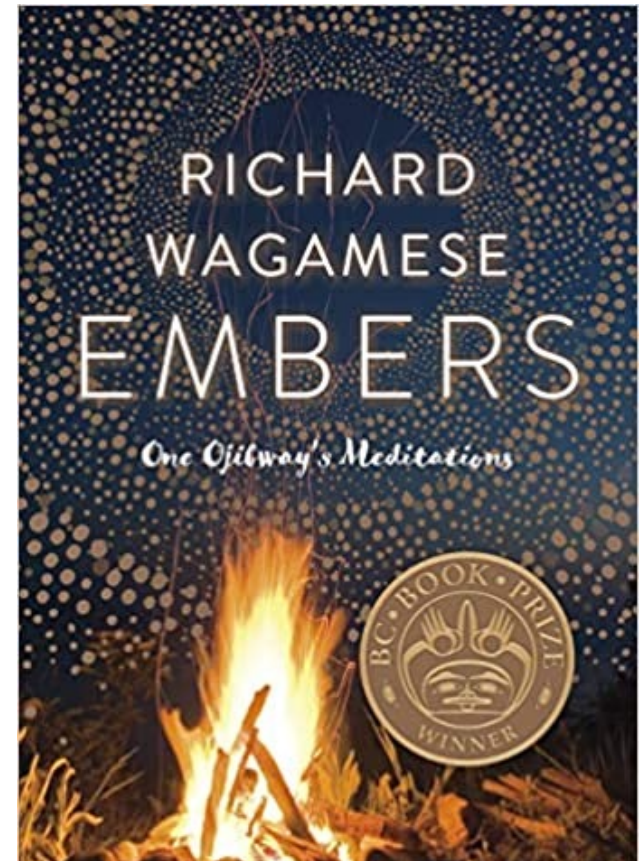
*When I go to my consciousness, to that great pool of
silence*

that observes the intricacies of my life,

I am aware that I am me.

*I take a little time each day to sit in silence
so that I can move outward in balance into the great
clamour of living.*

~Richard Wagamese Embers



Mindfulness Everyday

Delivering Mindfulness in Education since 2009

Our Mission

We promote mindfulness practices to enhance:

- *positive mental and physical health and well-being,*
- *compassionate action and resilience*

by providing stress reduction training and life skills for young people, educators, professional support staff, parents, organizations and members of the community.



Heidi Bornstein, RP
Co-Founder and
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Teacher at Beginning and End of School Year

Teacher at the beginning of the school year

Teacher at the end of the school year

By November



Who is With Us Today?

*-elementary?
-secondary?
-grade?
-subject?*



Objectives

Incorporate trauma-informed and EDI (Equity, Diversity, and Inclusion) principles in understanding the profound impact of emotional presence in the classroom on educator well-being, student engagement and learning outcomes.

This workshop aims to help participants:

Explore

the neurological connections between a teacher's emotional state and student receptivity.

Learn

practical strategies to foster a positive classroom environment using mirror neurons and emotional resonance.

Integrate

practices that enhance teacher's readiness to teach and affect student readiness to learn

Provide

key strategies and tools to enhance teaching effectiveness and recommendations for further resources or references.

Envision

the anticipated outcomes for educators attending the workshop and the potential impact on students' learning experiences.

Integrating Emotional Presence within an EDI Framework



**Self-
Reflection**

**Emotionally
Inclusive
Environment**

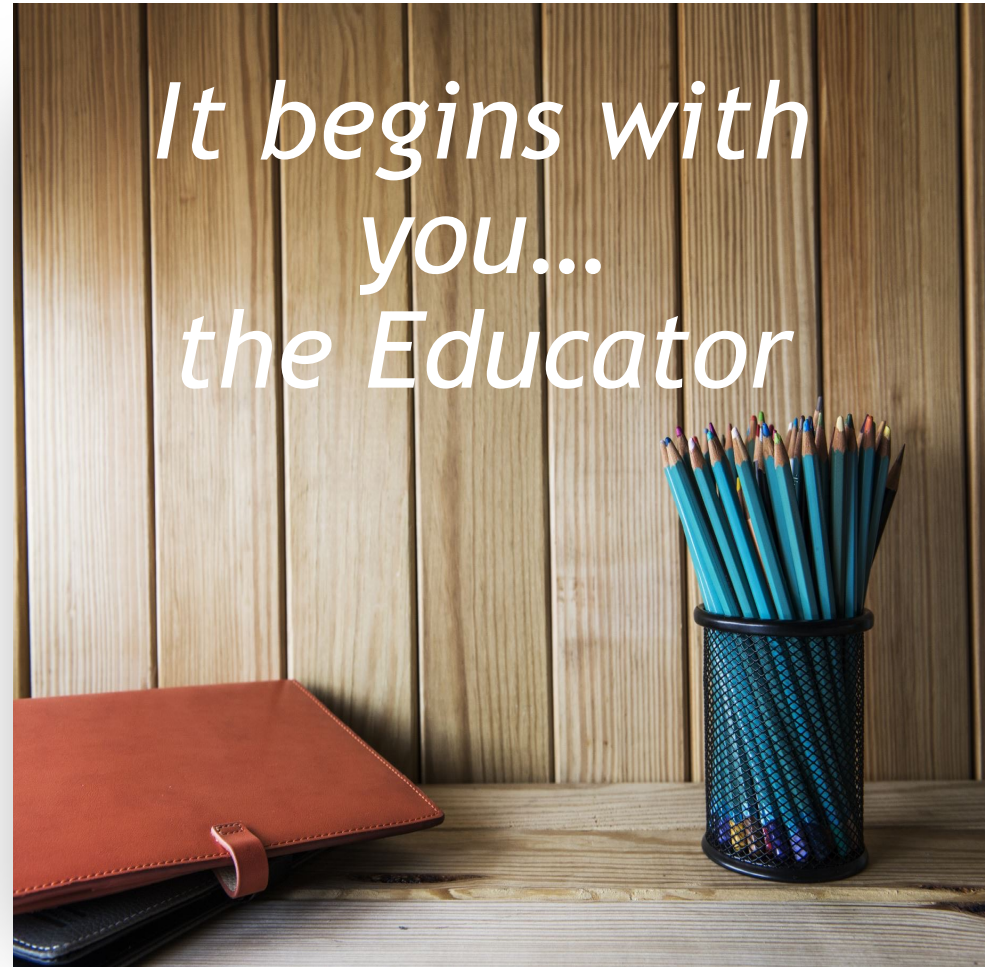
**Emotionally
Intelligent
Practices**

**Model
Emotional
Intelligence**

**Professional
Development**

Embracing Being over Doing

“I’ve come to a frightening conclusion that I am the decisive element in the classroom. It’s my personal approach that creates the climate. It’s my daily mood that makes the weather. ”
~Johann Wolfgang von Goethe



Experiential Exercise

Reflect for a minute on a moment when a teacher's emotional presence:

❖ *positively* impacted your learning.

❖ *negatively* impacted your learning

CONSIDER:

What did the teacher do or say?

How did it make you feel?

How did it affect your learning process?

The Brain Teaching Connection

- Teacher's emotional state has a significant impact on student receptivity.
- Neurological research shows a direct link between teacher emotions and student learning.



Understanding Emotion Contagion and Mirror Neurons in the Classroom

Emotion Contagion:

- Teacher emotions spread to students.
- Teacher enthusiasm affects student engagement.

Mirror Neurons:

- Students mirror teacher emotions.
- Teacher positivity inspires a positive classroom atmosphere.

Classroom Impact:

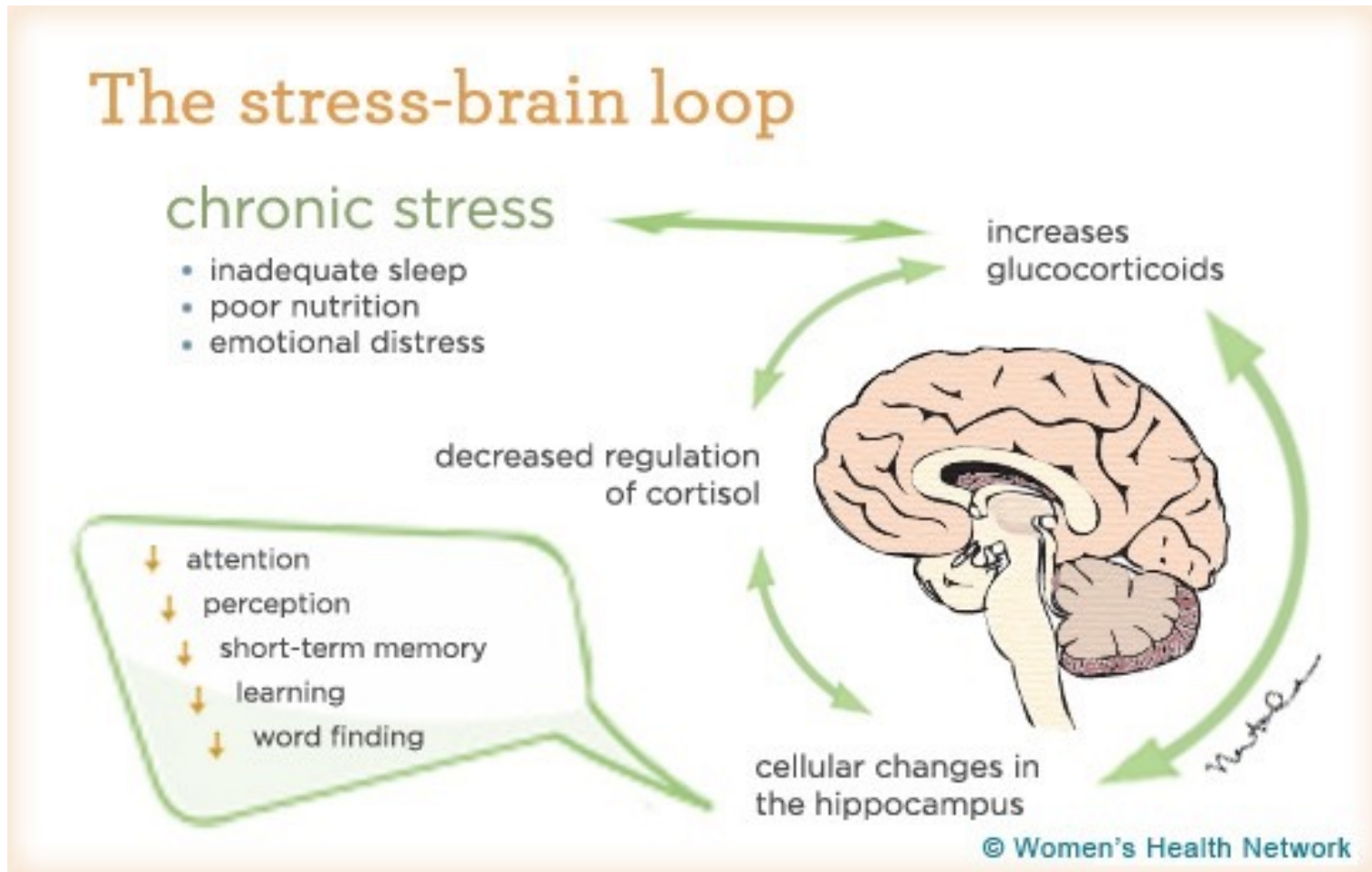
- Teacher stress can affect student emotions.
- Positive teacher emotions enhance student engagement.

Teaching Enhancement:

- Recognizing emotional impact informs teaching practices.
- Positive teacher emotions foster positive student experiences.



How Stress Affects the Brain



When stress overwhelms you, and the **amygdala** takes over, your **prefrontal cortex and hippocampus** go offline

The Prefrontal Cortex & Executive Function

Executive functions are like the brain's manager, stepping in when automatic actions wouldn't be smart. They help us think, make decisions, and avoid impulsivity. It's the boss of our brain, making sure we act thoughtfully.

The 3 core Executive Functions are:

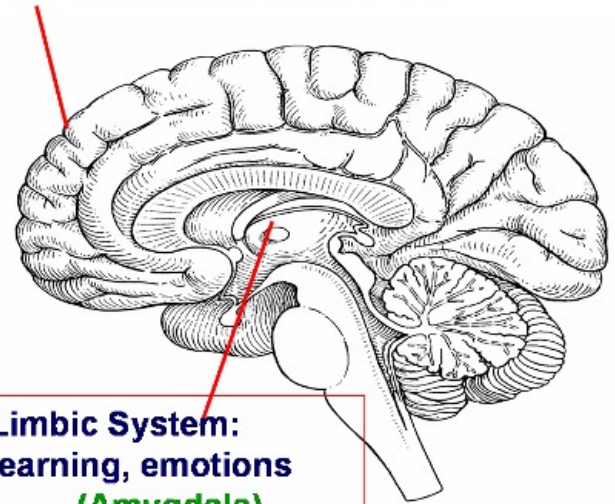
- **Inhibitory Control (impulse-control)**
- **Working Memory**
- **Cognitive Flexibility**

Functions are:

- **Problem-solving**
- **Reasoning**
- **Planning**

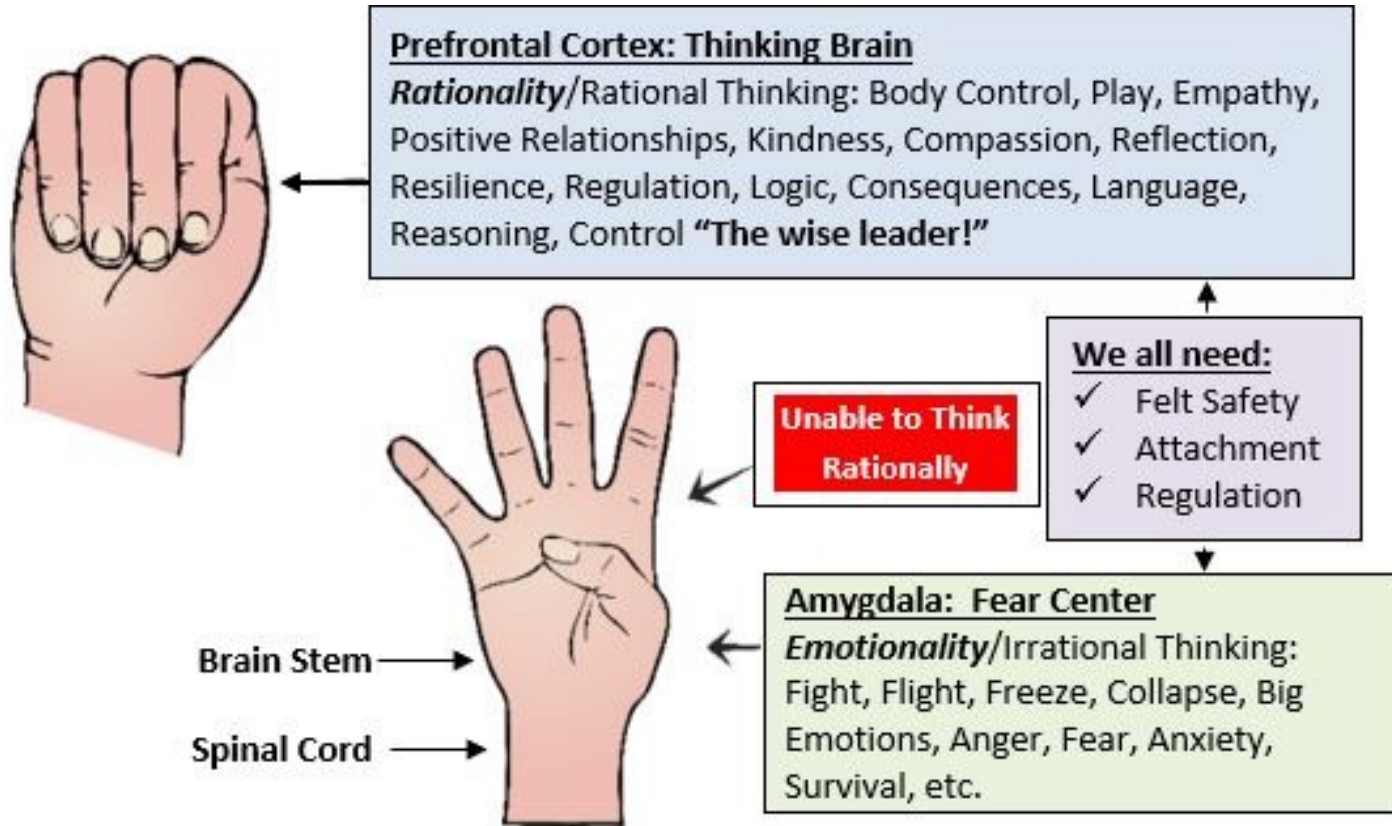
The executive functions play a crucial role in shaping a teacher's ability to navigate the complex and dynamic nature of the classroom environment, influencing their emotional well-being and overall job satisfaction.

Frontal Cortex:
decision-making, self-control



Limbic System:
learning, emotions
(Amygdala)

Dan Siegel's Hand Brain Model



Credit: Daniel Siegel, M.D. is the creator of this metaphor and expression "Flipped Lid". Copyright © 2014 www.strengthenby.com

The Amygdala sends waves to the Hypothalamus (command center) which activates the Autonomic Nervous System:

- ✓ Sympathetic (fight, flight, freeze, collapse)
- ✓ Parasympathetic (rest & digest)

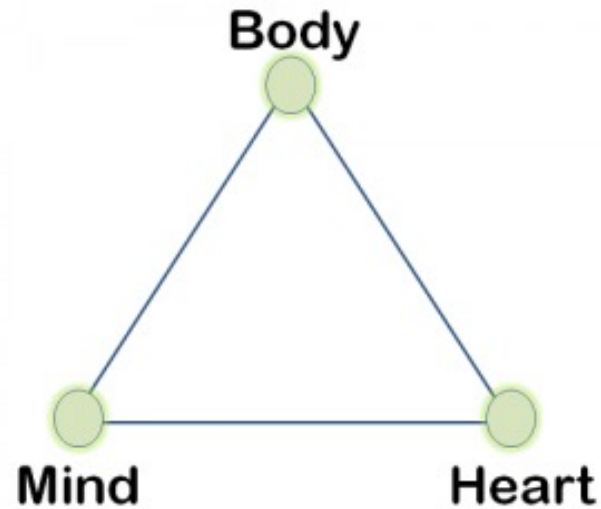
Activating the Relaxation Response of the Body



The relaxation response is a physical state of deep rest that changes the physical and emotional responses to stress... and the opposite of the fight or flight response.

Herbert Benson

QuoteAddicts



What is the Point of a Check-in Practice?

To build self-awareness so you can take care of your needs and respond wisely.



Check-in: Current Energy Level

Think of your level of energy as a battery.

❖ *How full is your battery?*

CHECK YOUR BATTERY



Feeling great!
Keep meeting your needs and practicing self care.

Feeling good!
How can you maintain this level?

Feeling okay.
How can you make your day better?

So-So.
Be extra kind to yourself today.

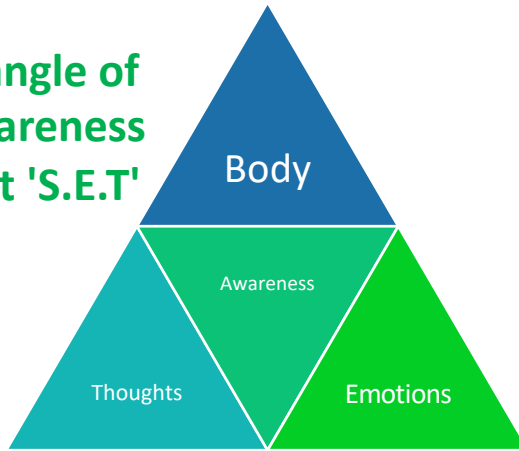
Struggling...
What area of your life is struggling the most? Focus on that.

I'm empty...
Pinpoint what is draining you and do one thing that fills you up.

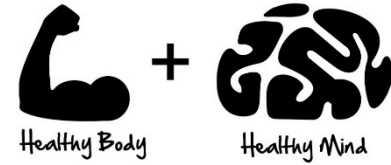
@TonyG.LPC

Check-In Choices 1

Triangle of Awareness
-Get 'S.E.T'



Red? Yellow? Green?



One Word for How the Body Is =
One Word for How the Mind Is



What Weather Am I?




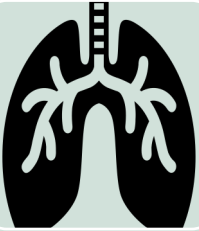

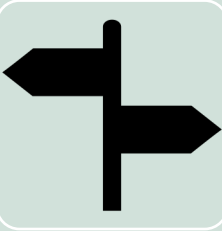
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What Animal Am I?



Check-In Choices 2




ABCD Practice

			
A Anchor your attention to the present moment	B Breath and notice the quality of your breath	C Check in as if you were checking in with a good friend	D Decide what you need right now

Energy Level – High or Low ?



Rose –Bud-Thorn

		
Rose: A highlight, a success, or something positive that may have happened.	Bud: New ideas, or something that you are looking forward to knowing or understanding more.	Thorn: A challenge that you experienced or something that you can experience more support with.

What is My Battery Level?

CHECK YOUR BATTERY

Feeling great! Keep meeting your needs and practicing self care.		Feeling good! How can you maintain this level?
Feeling okay. How can you make your day better?		So-So. Be extra kind to yourself today.
Struggling... What area of your life is struggling the most? Focus on that.		I'm empty... Pinpoint what is draining you and do one thing that fills you up.

@TonyG.LPC

Embracing “Being” over “Doing”

Prioritizing one's state of *being and presence* over mere actions or tasks.



Mindful Presence:

Be fully present in class.

Engage with students to foster connections.



Emotional Awareness:

Recognize and manage personal emotions.

Adapt interactions with students accordingly.



Authentic Connection:

Prioritize genuine student relationships.

Engage meaningfully to build trust.



Balanced Approach:

Balance productivity and well-being.

Teacher well-being affects effectiveness.



Setting Boundaries:

Maintain a healthy work-life balance.

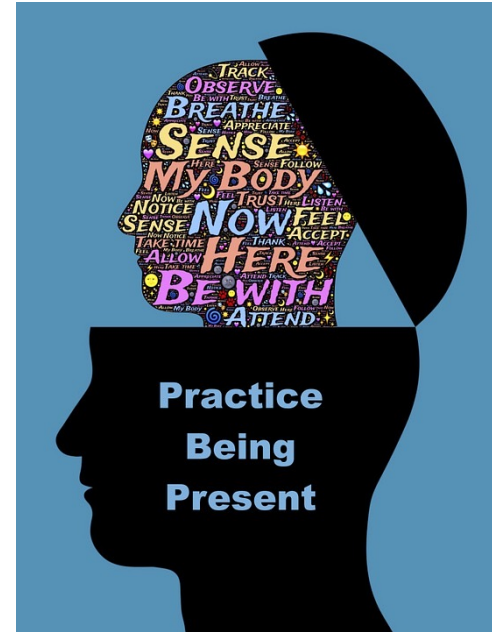
Recharge to be present in class.



Focus on Impact:

Emphasize interaction quality.

Quality engagement leads to better learning outcomes.



Let's Practice

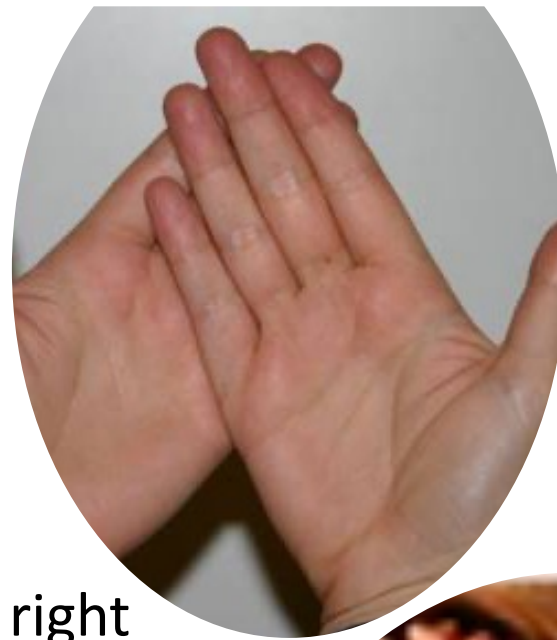


Eye Palming

To palm is to cover your closed eyes with your hands in such a way that there is no pressure on your eyeballs.

The palms of your hands are slightly cupped over each eye (left over left and right over right), and usually the fingers are partly interlaced on your forehead.

- Warming up our hands – rubbing our palms against each other.
- Covering up our eyes with the palms.
- Practicing **deep eye relaxation that will remove eye strain**: feeling the warmth coming from our palms.
- When ready, opening the eyes and stretching if that appeals





Breath of Joy



Front



Side



Up



Ha!

Inhale – arms up | Exhale – arms to your sides

Inhale – arms up | Exhale – arms down



Understanding Your Nervous System and Why it Needs “Resetting”

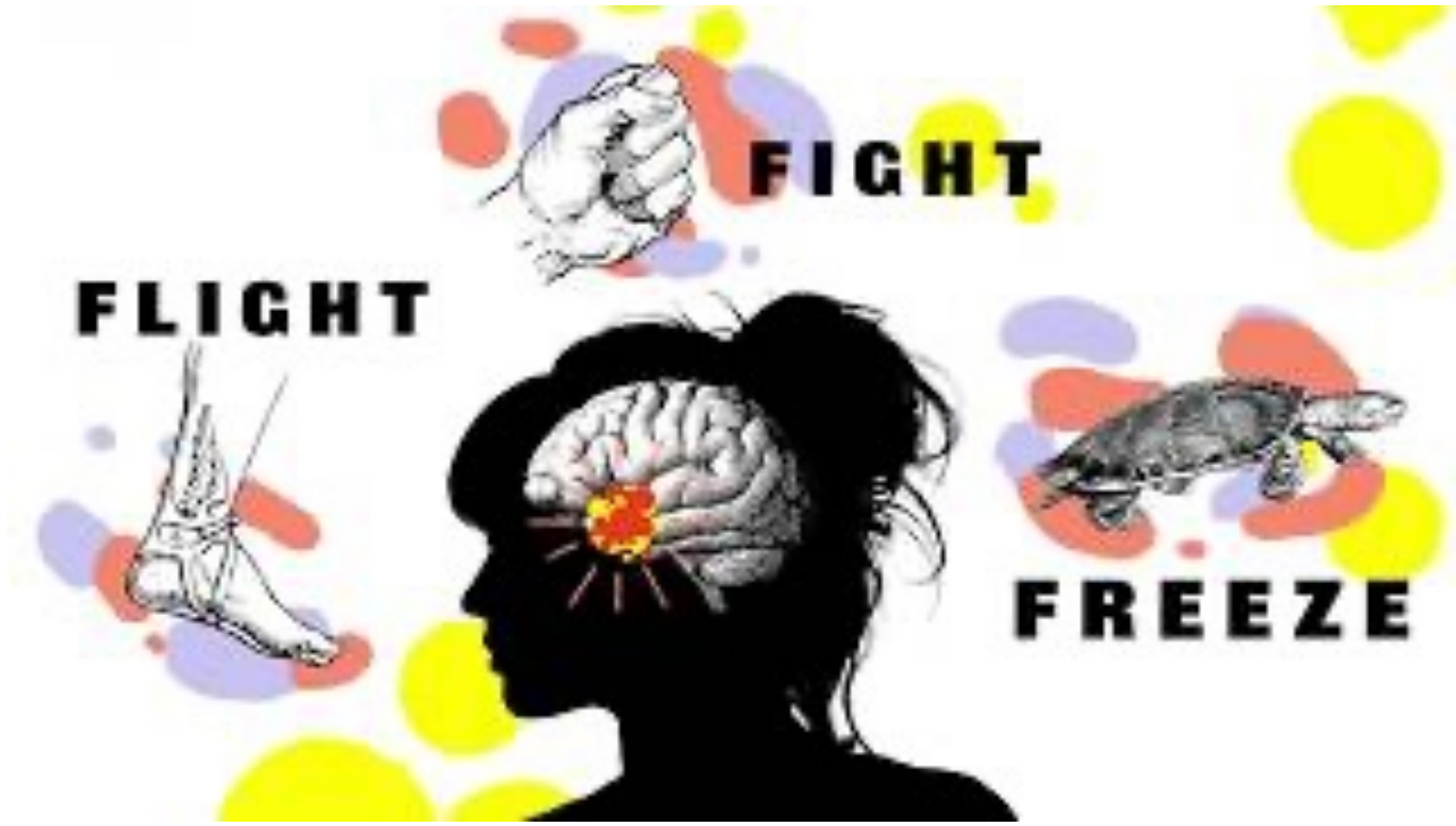
Your nervous system acts like the command center for the body, and it guides most of our daily activity, including:

- Basic activities like breathing and seeing.
- Complex processes, like thinking, reading, and feeling emotions.
- Detecting threats—whether real or imaginary—and triggering a fight-flight-freeze response.

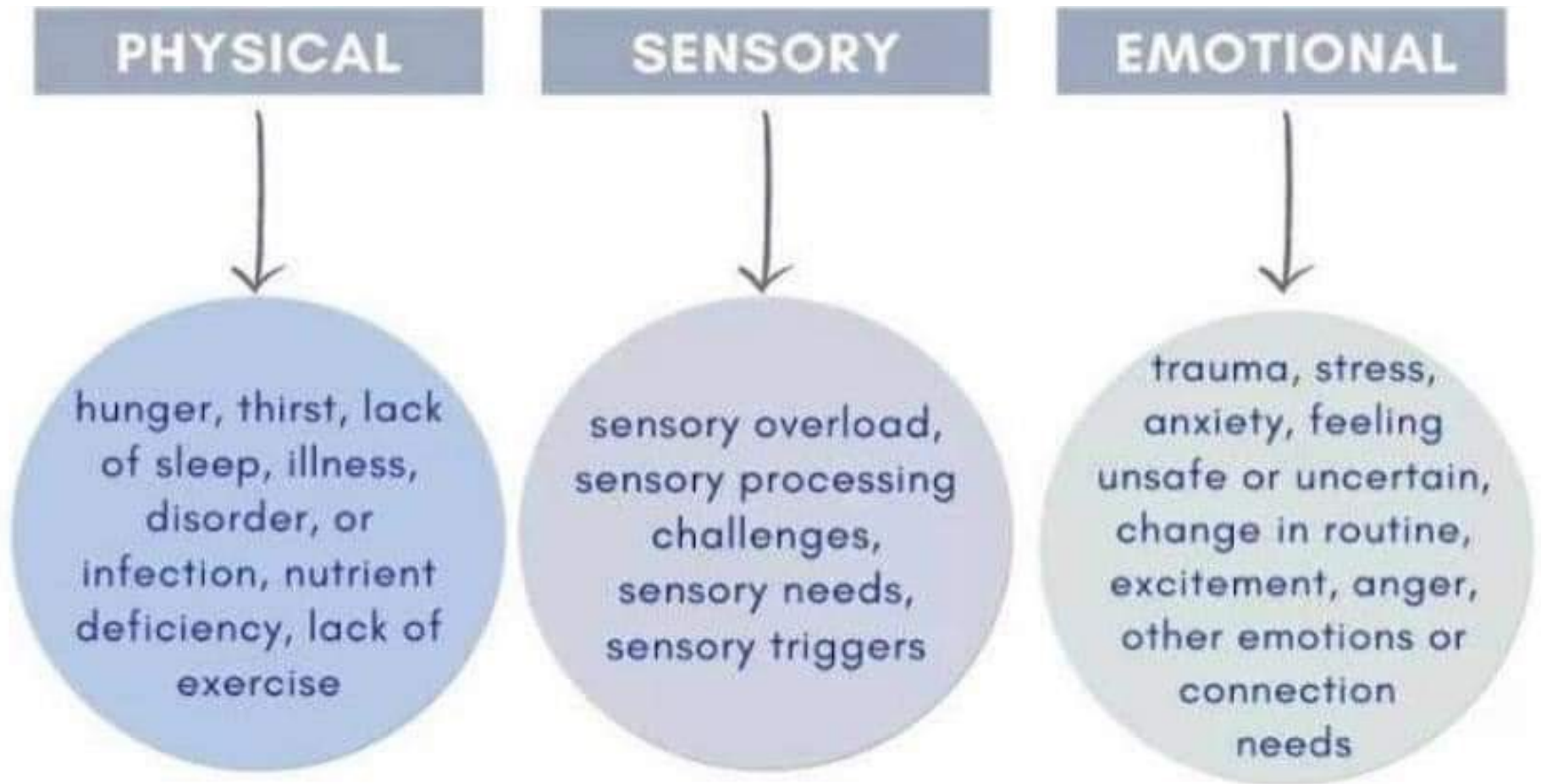
If you have a pet, you may have noticed them shaking their bodies after an exciting or frightening experience.

That’s them literally shaking off their stress

What is an Overwhelmed Nervous System?



Reasons behind DYSREGULATION





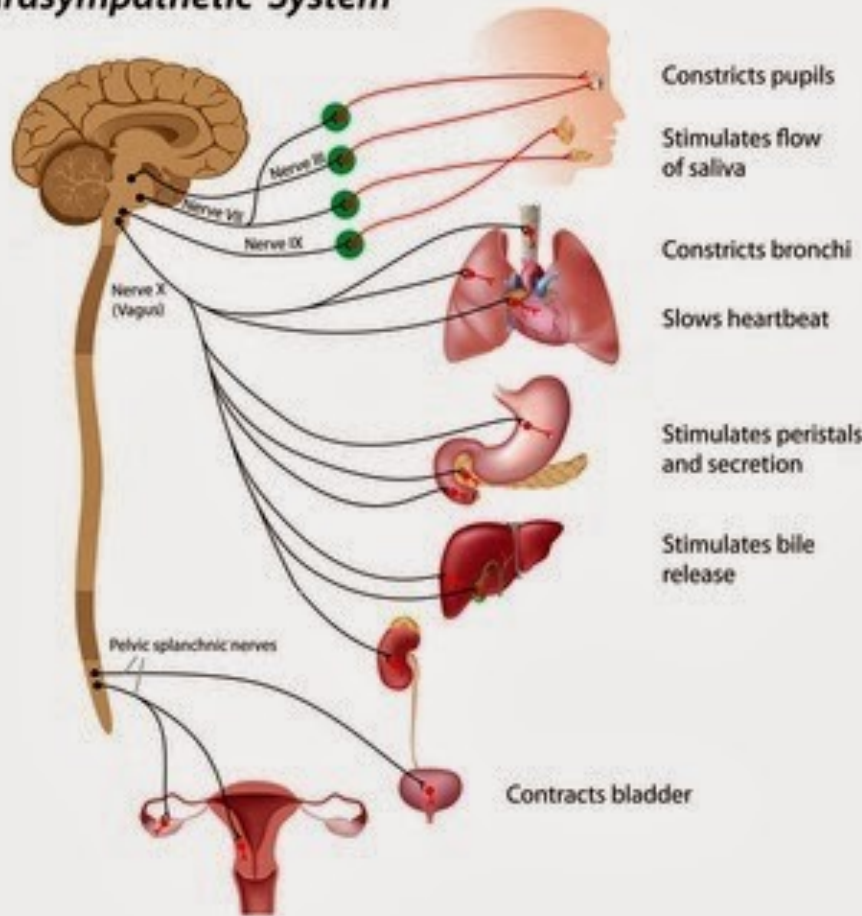
Soles of the Feet

- developed by researchers to manage angst, anger and aggression.
- When faced with emotionally arousing situations, you can redirect your attention and awareness to a neutral part of the body such as the soles of your feet.
- helps calm and clear one's mind during stressful and arousing situations.

Breath and the Parasympathetic Nervous System



Parasympathetic System



- **Breathing** deeply, with a long slow breath signals our **parasympathetic nervous system** to calm the body and mind down.
- Calming the Breath can help calm the body.
- Calming the Body can help calm the mind.

Mindful Practice in 3 Steps: Using an Anchor for Attention

1. SIT COMFORTABLY AND
FOCUS ON 1 THING
(E.G. THE SENSATIONS
OF YOUR BREATH)

BREATHE IN *BREATHE OUT*



2. NOTICE WHEN YOUR
MIND WANDERS ←

BREATHE IN *BRE... "I WONDER
WHAT SHE WAS THINKING WHEN I
GAVE THAT PRESENTATION. I THINK
IT WENT WELL. BUT THEN
THERE WAS THAT ONE
COMMENT AT ... *REALIZES
THINKING*



3. BRING YOURSELF
BACK TO THE POINT
OF FOCUS

BREATHE IN *BREATHE OUT*



❖ *What's the best way to do a mindfulness practice?*
The way that allows you to stay focused and feel successful.



Grounding Practice: 5-Finger Breathing

TRACE ALL 5 FINGERS



Trace your fingers:

As you breath in....(up the thumb)....

*Pausing in between
(rounding over the top of the thumb)...*

As you breath out... (down the inside of the thumb)....

*Pausing in between
(rounding at the bottom of thumb)...*

❖ *Which finger is most sensitive?* Continuing to trace each finger....slowly.... breathing



Debrief

- *Did this practice help you calm your nervous system?*
- *Were you able to keep your attention on the practice?*

MASLOW & BLOOM

Prioritizing everyone's well-being

Maslow before Blooms supports the idea that all human beings should have their basic needs met

(not just for students but all human beings)



Q & A



How We Can Support You

- Attend one of our **free weekly mindfulness gatherings**
- Participate in one of our programs **smartEducation**
- Check out the Resources and our Bookstore on our website
- Follow us on Social Media
- Use an APP
- Sign up for our newsletter to get tips and stay informed



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Sunday Mindful Community

with

Mindfulness Everyday Founders
Heidi Bornstein & Stephen Chadwick

Sundays
10 - 11 AM EDT

[REGISTER NOW](#)



A time to practice and experience for yourself
how mindfulness can support us in our lives





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Current Programs

<https://mindfulnesseveryday.org/index.html>

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Inner Peace

If you can start the day without caffeine,

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining and

boring people with your troubles,

If you can eat the same food every

day and be grateful for it,

If you can understand when your loved

ones are too busy to give you any time,

If you can take criticism and

blame without resentment ,

If you can conquer tension

without medical help,

If you can relax without liquor,

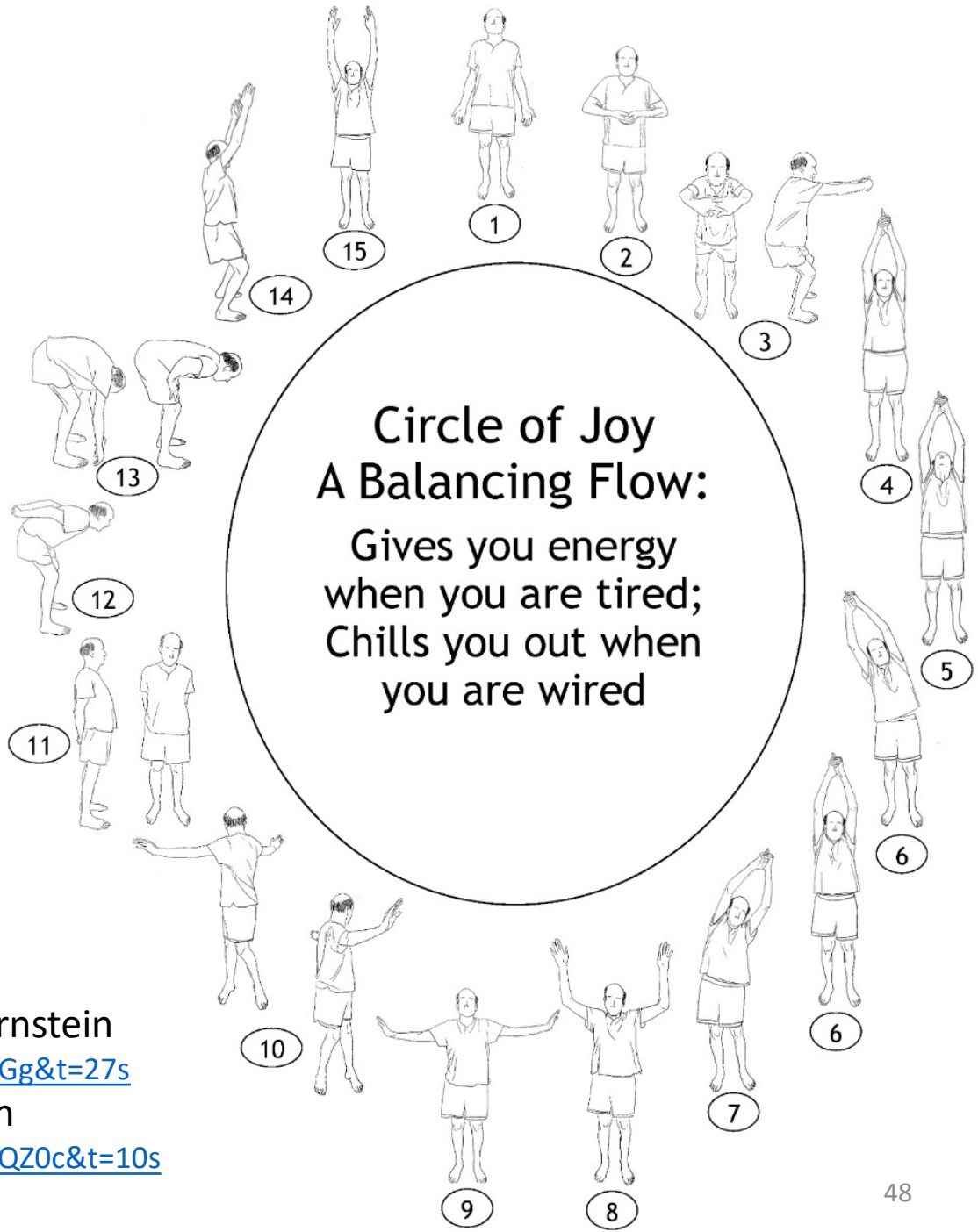
If you can sleep without the aid of drugs,

...Then you are
probably
...the family
dog!





Circle of Joy



Intro plus Circle of Joy with Heidi Bornstein

https://www.youtube.com/watch?v=LI_3ivZg5Gg&t=27s

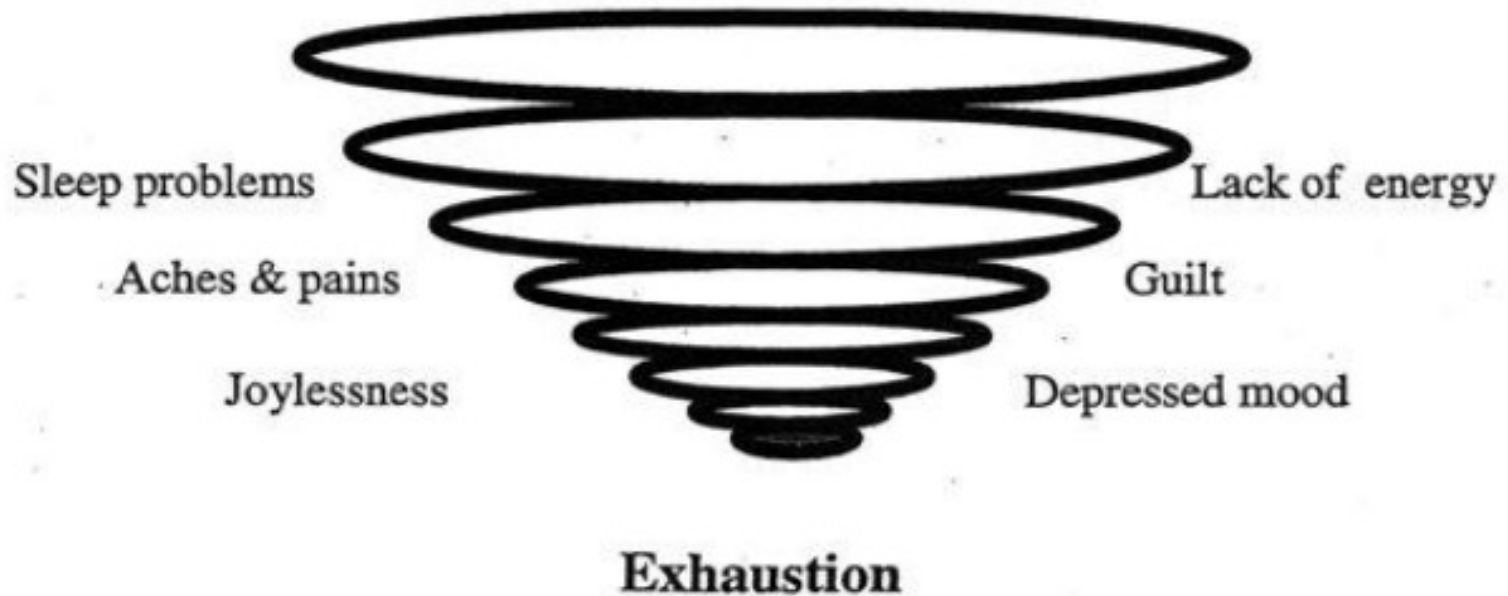
The Circle of Joy with Heidi Bornstein

<https://www.youtube.com/watch?v=PmHQjZkQZ0c&t=10s>

When Did You Stop Dancing?



The Exhaustion Funnel



If you do not take care of yourself,
you are less resilient.

Long Term Effects of Teacher Burnout

THE MODERN SCHOOLTEACHER

