**Why Mindfulness Belongs in Schools from Preschool to Grad School**

**The definition of mindfulness is awareness of the present moment without judgment.** This means when you are angry, you know you are angry. When you are in class listening to a teacher’s lesson you know you are listening and learning rather than ruminating about problems at home, on the yard, future worries or getting straight A’s. It doesn’t matter how great a teacher or curriculum is, if a student is in his head worrying, angry, sad or depressed, physiologically he is unable to take in information. Neuroscience explains this. In the brain, stress severs the connection between the prefrontal cortex, home of executive function and the hippocampus, home of the memory. In essence, it’s almost impossible to learn when one is stressed. Students who arrive to school traumatized, through no fault of their own, have a very difficult time learning because of the hyperarousal of their emotions, and they can impede the learning of other students. By calming down emotions with mindfulness, the entire culture of a school changes in positive ways.

**Benefits of Mindfulness in Education**

•Mindfulness teaches students to pay attention, arguably the most important tool in school.

•Mindfulness enhances self-regulation and impulse control improving classroom management.

•Mindfulness reduces stress for teachers and students.

•Mindfulness builds community because it creates empathy; bullying is reduced and kindness increased.

•Mindfulness adds more teaching time daily; it is easier to get and maintain student attention

**Researched Benefits of Inner Explorer (Randomized controlled studies).**

•IE reduces teacher stress by 43%

•IE improves student behavior resulting in a 60% reduction in discipline issues

•IE increases grades and test scores by 9 to 28%

**How mindfulness is used in society in the US**

•Mindfulness has been used in hospitals and pain clinics since 1979

•Mindfulness cognitive based therapy is used to treat depression by decentering negative thoughts and feelings enabling patients to respond instead of react to difficult situations. Mindfulness is also being used to treat trauma.

•Mindfulness is being used in the US Military

•Mindfulness is plentiful in corporate America where many of the US’s largest corporations offer classes and workshops to their employees. (General Mills, Aetna Insurance, Google, etc).

•Mindfulness has become more and more popular in schools in the last decade.