

TEACHERS AS ROLE MODELS

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GUIDED SITTING

MINDFUL MOVEMENTS



My life is my message.

Mahatma Gandhi

 quoteology

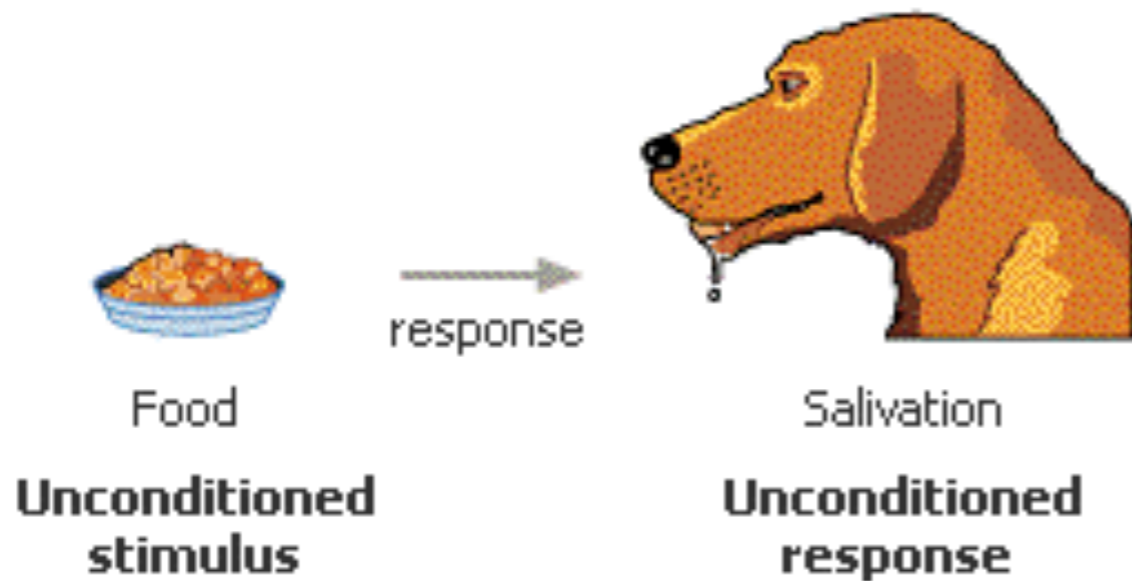
“

Stopping, relaxing, and smiling
become *automatic* or **habitual**.

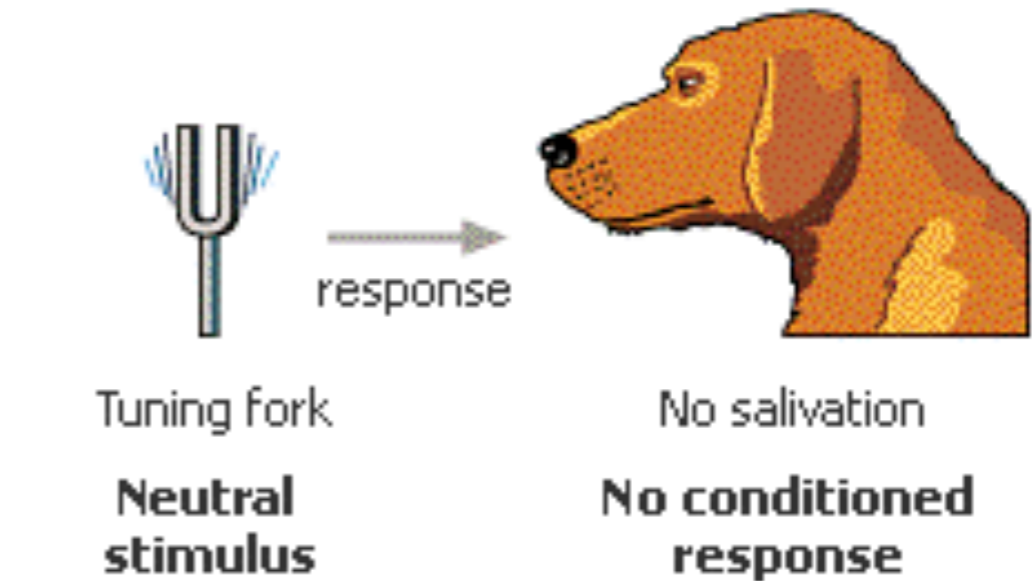
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Remember the Theory of
Behaviourism from John B. Watson,
Ivan Pavlov, and Skinner

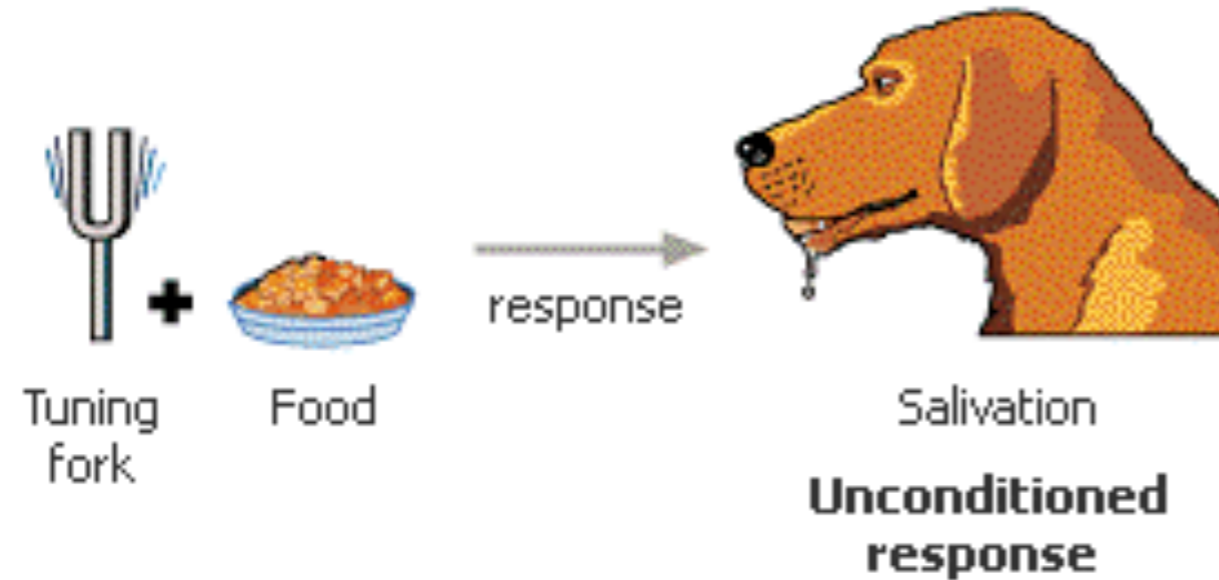
1. Before conditioning



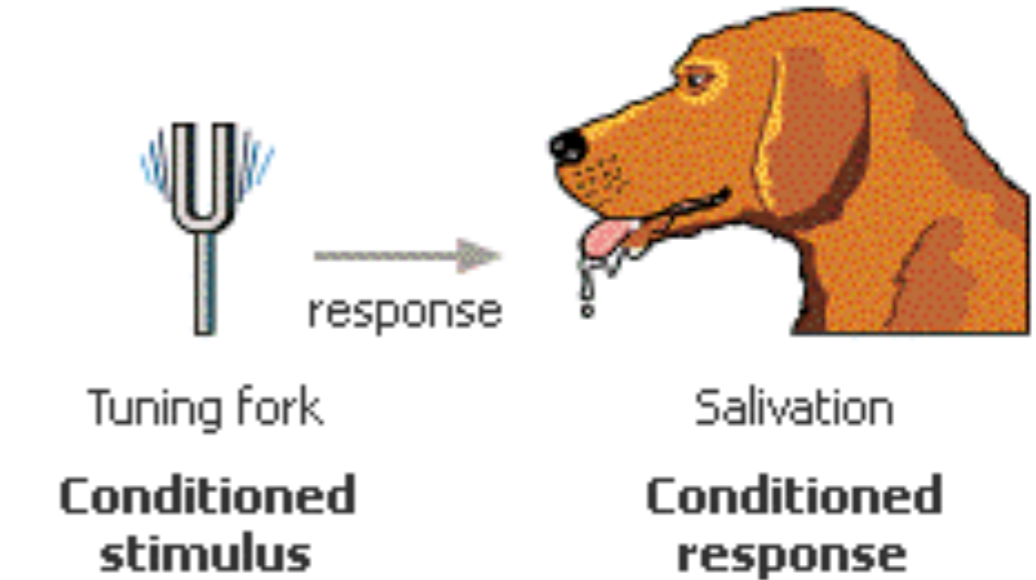
2. Before conditioning



3. During conditioning



4. After conditioning



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Like learning a sports skill through sustained practice, mindfulness becomes natural and consistent.

THE 3 R'S OF HABIT FORMATION



Graphic based on Charles Duhigg's "Habit Loop" in The Power of Habit. Created by James Clear

“

REMINDER:

A good reminder makes it easy to start by encoding your new behavior in something that you already do.

“

Remember that lasting change is a product of daily habits, not once-in-a-lifetime transformations.

Start Small
when creating a new habit



Take Control Organizing

“

ROUTINE:

Make it so easy that you can't say no!

“

REWARD:

It's important to celebrate. Give yourself some credit and enjoy each success!

“

Students need to imitate teachers who are effortlessly applying mindfulness in their everyday life.

“

Integrity is the bedrock value!

WALK

the **t**alk

“

The mindfulness served as the
foundation.



THE FOUR FOUNDATIONS OF MINDFULNESS

- Body
- Feeling
- Mental States
- Phenomena

Thank
you

The text 'Thank you' is written in a dark blue, elegant cursive font. The word 'Thank' is on the top line and 'you' is on the bottom line. The letters are thick and have a classic, flowing style. The text is surrounded by decorative elements: small blue flowers with five petals, yellow leaves, and small gold dots. There are also blue swirls that appear to be part of the calligraphic flourishes. The overall composition is balanced and aesthetically pleasing.