

# Mindful Teaching & Learning

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# Mindfulness – Setting the Tone

Place your NON-dominant hand on the table. Observe your hand.

With your dominant hand, write down everything you can observe about the NON-dominant hand.

# Ground Rules

- Turn off your phones, put away all devices.
- We will cold call on everyone, so be prepared!
- You cannot use your course content when demonstrating strategies! Instead, you **MUST** use as your discussion point the subject of **TEACHING AND LEARNING**.
- This is an exercise in mindfulness, expect to **REFLECT** a lot.

# Workshop Outcomes

- Participants will demonstrate one of four teaching techniques that create better conditions for learning.
- Participants will reflect on their own roles as teachers (i.e. what they do in class and/or their beliefs about their students' learning as these impact classroom teaching).
- Participants will set a new goal for themselves to use one or more of the behaviors they modeled in a future course

# Part 1: Mindful Teaching Techniques





*Benjamin Brink / The Oregonian*

# 1. Assemble into Groups of 8 to 12 People

Approximately 2 Tables



# 2. Break into Teams of 2 to 3 People within the Group

Team 1  
(2-3 People)

Team 2  
(2-3 People)

Team 3  
(2-3 People)

Team 4  
(2-3 People)



# Mindful Teaching Techniques – Demonstration

Each team will demonstrate a mindful teaching technique by performing a small skit. As a team, act out the teaching technique for your group, followed by a brief wrap up. See if your group can guess the teaching technique demonstrated. Address any questions from your group.

## Follow these steps to get started:

1. Each team will review the handout covering the teaching technique.
2. Ensure your team clearly understands the technique.
3. Plan how you will act out the technique (who will be the instructor, the students).

## Additional Information

- Each team will demonstrate a different technique to their group.
- Each team will have 5 minutes to demonstrate the technique.
- Keep the technique a secret until the debrief.
- See if the other teams can guess the technique used.



## Teaching Technique Wrap-up



### Demonstration Teaching Technique – Connections to Your Teaching

- How are these techniques different from what you do in class?
- Is there any discomfort for you around using these techniques?
- What will you do differently in your classroom as a result of this activity?

Teaching Technique 1:

Teaching Technique 2:

Teaching Technique 3:

Teaching Technique 4:

## Session Reflection



### Reflect on Our Session

Pretend to be an outside observer looking in on our session. Reflect on the activity you just observed and whether you can do something similar with your students.

**Break this activity down: what are all the components?**

**What is instructor doing, what are the students doing?**

**Who's teaching who what?**

**Goal Setting: Which teaching technique will you adopt?**



# Next Demonstration

Each team will demonstrate a mindful teaching technique by performing a small skit. As a team, act out the teaching technique for your group, followed by a brief wrap up. See if your group can guess the teaching technique demonstrated.

## Follow these steps to get started:

1. Each team will review the handout covering the teaching technique.
2. Ensure your team clearly understands the technique.
3. Plan how you will act out the technique (who will be the instructor, the students).

## Additional Information

- Each team will demonstrate a different technique to their group.
- Each team will have 5 minutes to demonstrate the technique.
- Keep the technique a secret until the debrief.
- See if the other teams can guess the technique used.



## Teaching Technique Wrap-up



<b>Demonstration Teaching Technique – Connections to Your Teaching</b> <ul style="list-style-type: none"><li>• How are these techniques different from what you do in class?</li><li>• Is there any discomfort for you around using these techniques?</li><li>• What will you do differently in your classroom as a result of this activity?</li></ul>
Teaching Technique 1:
Teaching Technique 2:
Teaching Technique 3:
Teaching Technique 4:

## Session Reflection



<b>Reflect on Our Session</b> <p>Pretend to be an outside observer looking in on our session. Reflect on the activity you just observed and whether you can do something similar with your students.</p>
<b>Break this activity down: what are all the components?</b>
<b>What is instructor doing, what are the students doing?</b>
<b>Who's teaching who what?</b>
<b>Goal Setting: Which teaching technique will you adopt?</b>

# Mindful Teaching Techniques – Individual Table Reflection

Reflect on what you just saw demonstrated and the implications it will have on your teaching practice.

- How are these techniques different from what you do in class?
- Is there any discomfort for you around using these techniques?
- What will you do differently in your classroom as a result of this activity?

**Teaching Techniques:** Wait Time; Checking for Understanding; Think-aloud Protocol; Redirecting Questions





## Teaching Technique Wrap-up

### Demonstration Teaching Technique – Connections to Your Teaching

- How are these techniques different from what you do in class?
- Is there any discomfort for you around using these techniques?
- What will you do differently in your classroom as a result of this activity?

Teaching Technique 1:

Teaching Technique 2:

Teaching Technique 3:

Teaching Technique 4:

## Session Reflection



### Reflect on Our Session

Pretend to be an outside observer looking in on our session. Reflect on the activity you just observed and whether you can do something similar with your students.

Break this activity down: what are all the components?

What is instructor doing, what are the students doing?

Who's teaching who what?

Goal Setting: Which teaching technique will you adopt?

# Mindful Teaching Techniques – Activity Reflection

Pretend to be an outside observer looking in on our session. Reflect on the activity you just observed and whether you can do something similar with your students.

- Break this activity down: what are all the components?
- What is instructor doing, what are the students doing?
- Who's teaching who what?
- **Goal Setting: Which teaching technique will you adopt?**



## Part 2: Make One Change



# Session Reflection

- Who am I as an instructor?
- I think I can make the following change to my teaching: