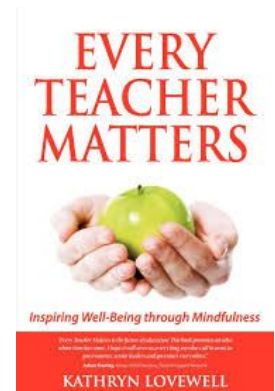


Saanich Educator as Researcher Report - Cordova Bay Elementary

Participants: Mary Lynn, Carolin, Natalie, Cathay, Dayle, Lindsay, Hayley, Rae, Lisa, Jen, Denise, Monika, Jolene, Sandy, Genevieve, Lesley, Kerri, Susan, Chris, Alysha

Book Title: Every Teacher Matters by Kathryn Lovewell



Why did we choose this book?

Every Teacher Matters: Inspiring Well-Being Through Mindfulness was chosen to help us learn and understand how to preserve and promote our own emotional intelligence and well-being as educators. We felt that without the skills to do this ourselves, we would be challenged to teach these skills to our students. The concept of mindfulness also connected with our school-wide inquiry into peacefulness this year.

Summary of the book:

The book highlights the importance of practical day-to-day self care of the body and mind, and examines how the inner landscape of the mind affects the body and its condition. A range of different strategies are provided to help educators care for their emotional wellbeing, with the understanding that teachers can only reach their full potential as educators when they have resolved the mental and emotional barriers that affect physical, mental, and emotional health.

How did this book support our pedagogy?

We were able to take the strategies and techniques in the book, introduced for educators, and use them in the classroom to support student mindfulness. In particular, as we taught curriculum this year through the lens of 'peacefulness,' we were able to integrate the concepts of physical, emotional, and mental wellbeing into different curriculum areas. Some of the strategies our educators used to teach mindfulness to students included using a range of story books, videos, guided meditations for children, and musical meditations to help students develop mindfulness strategies as a way to reduce anxiety, problem solve, and self-regulate.

Where to go from here:

Teachers were interested in finding out more ways to teach mindfulness and peacefulness to students in the classroom. Some curriculum materials that we will pursue further next year include the [EASE \(Everyday Anxiety Strategies for Educators\)](#) program and the ["We Thinkers"](#) curriculum, which focuses on social and emotional intelligence.