

# The impact of mindfulness on the Integrated Science classroom

Kevin Fox - American Academy in Prague - Prague, Czech Republic

## Student Quotes

- “I felt like the mindfulness really relaxed me and then I could focus better.”
- “You can clear your mind and relax. This can help with learning after the meditation.”
- “I think it helped us relax before the class and after the busy day. It helped us focus in a way.”
- “I think it [mindfulness] kinda brought us a bit closer or like we are more comfortable around each other.”

## Background

Students rarely disconnect from social media, phones and games. Additionally with the pace of life surrounding us, students rarely take time to unplug. It was my feeling that this has led to an increase in student anxiety levels and a more challenging classroom environment for both student and teacher. My Research used mindfulness practices as a technique for students to slow down and to calmly direct their attention to the day’s focus.

**Claim:** Mindfulness practice can reduce student stress, increase classroom focus, and improve instructor experience.

**Evidence:** Student responses, and instructor journal, were overwhelmingly positive about the treatment.

**Reasoning:** Although there was no quantitative data to support the claim, the student responses, and the notes in the instructor journal show that mindfulness had a positive effect in the classroom.

# Mindfulness practice can reduce student stress, increase classroom focus, and improve instructor experience.

## Quotes from Instructor Journal

- “With the calmness I found in the kids, I left the period feeling good. “
- “The class felt like it was settled and, for the most part, focused during the period.”
- “[They] were attentive especially for a Friday afternoon.”
- “Class had a good flow and I was relaxed.”

## What is Mindfulness?

Mindfulness is the practice of slowing down and paying attention to what is happening in the present moment. It is most often practiced through [guided or silent] meditations. The practitioner is encouraged to sit quietly and focus on the process of breathing. Themes can be used to encourage one to experience a feeling in the present moment, so that they can better tune into that feeling in daily life. Mindful practices have been shown to reduce stress, improve sleep patterns, help deal with traumatic events and strengthen the attentional network in the brain.

## Primary Question:

How does the use of mindfulness techniques affect the science classroom?

Does daily mindfulness practice affect the learning of students in an Integrated Science classroom?

How does a daily mindfulness practice affect a student’s comfort, engagement, and excitement about this class?

How does implementation of a daily mindfulness practice influence instructor enthusiasm, patience and relationship with the class?

## Data Collection Instruments

Student pre- and post-unit testing

Student Likert survey

Instructor Journal

Student Responses

↓ Read the full paper here ↓



## Acknowledgements

American Academy in Prague  
Montana State University.  
Project Advisor: John Graves.  
Science Reader: Robyn Klein

## Citation

Pixabay. (2016). [Photograph]. Retrieved from <https://pixabay.com/photos/prague-architecture-bridge-1845560/>