

Mindfulness, Week 10

It's All About Attitude

As students learn new ways to cultivate a positive mind-set, they prime their brain for learning and for building healthy relationships

The findings of researchers in the field of psychology seem logical: cultivating happiness in our lives has myriad benefits emotionally, socially and physically – we relate to others better, we treat ourselves well and we are more likely to adopt healthy habits and avoid destructive behaviours.

But can happiness really help us get smarter? Yes! Cognitive studies have shown that learning that is connected with a happy or positive emotional experience causes the information to get stored in our long-term memories, while learning that takes place in conditions that cause stress and anxiety is stored only in short-term memory: it is not available for long-term use.

Perspective Taking

This week your student will identify different perspectives of characters in a story. As well as apply open-minded perspective taking to social situations in their own lives.

What is Perspective Taking?

We live in a “small world” with as many different ways of seeing things as there are people. Perspective taking allows us to consider more than one way of understanding a behaviour, event, or situation. This skill is particularly useful on a global scale as our ability to communicate and our need to share resources with other people and cultures expand. On the most practical level, students who are able to accept that other classmates may behave or think differently than they do are much better equipped to tolerate and find ways to get along with peers. These students can talk out a problem and find a solution that is mutually agreeable. Perspective taking, like the Core Practice and other mindful skills, simply takes practice to develop. As students routinely identify other perspectives, they learn to think with an “open-mind” – to pause and consider other viewpoints mindfully.