

THE IMPORTANCE OF MINDFULNESS AND CORE VALUES IN SCHOOL

by:

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Education is not just about acquiring knowledge; it's about nurturing character, fostering empathy, and preparing individuals to contribute meaningfully to society.

Mindfulness and core values are two significant factors that play a vital part in the growth of learners. Non-judgmental means demonstrating intellectual openness and receptivity. Being mindful means being aware of yourself and your surroundings. It involves keeping an open mind and emotions to the events and people close to you, accepting them without judgment. Fundamental Values are the core beliefs that one person or institution's conduct, strategic planning, and collaborations.

Both remarkably influence a young one's mental health, scholastic achievement, and interpersonal relationships. In the past few years, there has been research on mindfulness's advantages for children. According to the study, mindfulness routines help children alleviate anxiety and emotional distress. It also contributes to the progress of their awareness, concentration, and emotional state. Mindfulness-based interventions lessen the manifestations of recklessness and being easily distracted in children with ADHD.

Other research agrees that this method provides a therapeutic outlet for emotional regulation. On the other hand, core values provide direction and purpose in life, helping individuals make informed decisions and overcome challenges.

Teaching Core values to children can be challenging, but effective strategies exist for educators and parents. One approach is modeling behavior by demonstrating desired traits like kindness, honesty, and empathy. Children learn primarily through observation, often imitating adults, especially teachers who significantly influence them. Additional strategies include creating a supportive environment where students feel love and safe., encouraging socialization among peers to develop interests and skills, setting boundaries and guiding interactions, and teaching by example. It is a powerful educational strategy where teachers model desired behaviors, values, and skills, demonstrating how to apply them in real-life situations. This approach influences learners intensely as they.

The combined force of mindfulness and core values is crucial for teachers to develop learners into compassionate and dignified individuals. Through mindfulness practices, learners develop self-awareness, leading to improved emotional regulation and more constructive personal perspectives that can guide them in fostering emotional resilience and stress management skills. Incorporating core values into childhood education develops future leaders with sound judgments and decision-making capabilities. We can integrate mindfulness and core values instruction into various subjects to instill virtuous habits and empathy in our learners. Teaching mindfulness and core values across the curriculum promotes righteous living and harmonious relationships.

Remember, by instilling core values, teachers contribute to developing individuals with exceptional character, integrity, and societal responsibility.

"Teaching values today, shaping leaders tomorrow"

References:

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