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TABLE OF CONTENTS

List of illustrations

Acknowledgements; Introduction;

Chapter 1: 'Opening Pandora's Box of Mindfulness in Education': the case for safeguarding;

Chapter 2: 'Turning the Lens of Mindfulness on Ourselves': the significant role of the teacher.;

Chapter 3: 'Crossing the Threshold': attuning ourselves to student vulnerabilities ;

Chapter 4: 'Minding the Gap': attunement to learning environment and activities;

Chapter 5: 'Mindfulness is Actually Right Under our Feet When we are Doing our Best Work': the contribution of teacher preparation;

Chapter 6: Creating Calmer Classrooms in the Primary Years;

Chapter 7: Engaging with Mindfulness in the Sensitive Secondary Years;

Conclusion ; Index

Safeguarding Mindfulness in Schools and Higher Education

A Holistic and Inclusive Approach

Leigh Burrows, Flinders University, Australia

Safeguarding Mindfulness assists teachers in school and higher education settings to make informed decisions about whether to include mindfulness in their teaching, depending on their own capacity, student cohorts and activities to make sure it is safe for more vulnerable students. This guidance is based on a combination of existing pedagogical and clinical knowledge about meeting the needs of vulnerable students, clients and patients and the specialized expertise of trained mindfulness clinicians and teachers.

Safeguarding Mindfulness argues that the only way forward for mindfulness in education is to adopt an individualised approach. The book advocates building on effective teachers' work with vulnerable students, by extending educators' knowledge about mindfulness and its possible effects.

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Dr Leigh Burrows has a wide background in primary, secondary, alternative and higher education teaching and research. Leigh has held advisory roles in special education, wellbeing and students at risk . She is a qualified solution-focused counsellor who is passionate about the transformative potential of a holistic approach to mindfulness.

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