

Why Educators Support Mindfulness in Schools

Perspectives from Teachers and Guidance Counselors

Educator buy-in is critical to sustainability. This document summarizes why teachers and counselors support mindfulness integration.

Classroom Fit

Practices are easy to implement and adaptable across grade levels.

Counseling Alignment

Mindfulness reinforces coping strategies used in counseling and student services.

Behavioral Impact

Educators report fewer disruptions and smoother transitions.

Workload Considerations

Mindfulness supports instruction without adding planning or grading demands.

Sustainability

Educators describe mindfulness as practical and supportive, not another initiative.