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Mindfulness, Empathy, and Enthusiasm

In the Science Classroom

<http://bit.ly/mindfulsciclass>

Note Catcher Electronic Version



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ABOUT YOUR PRESENTERS

Nadene Klein



Nadene is in her 25th year as an educator. 20 years were spent teaching middle school science before working as a professional staff developer. While continuing consulting work, Nadene now teaches science to at-risk youth in an alternative high school in Castle Rock, CO.

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ABOUT YOUR PRESENTERS

Pam McWilliams



Pam is a 15 year science teacher all at the middle school level. She is also deeply involved in professional development with the instructional leadership council at her school and continues her work on innovative classrooms at the district level.

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Gerry Brooks Video

Reflection



Brooks, Gerry, director. Educator Sensory Bottles. YouTube. YouTube. 5 Aug. 2019.

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"Mindfulness is the self-regulation of attention with an attitude of curiosity, openness, and acceptance."

What is MINDFULNESS?

Henrick, Ryan. "3 Definitions of Mindfulness That Might Surprise You." Psychology Today. Sussex Publishers, 1 Nov. 2017. www.psychologytoday.com/us/blog/3-definitions-of-mindfulness-that-might-surprise-you/2017/11/03/3-definitions-of-mindfulness-that-might-surprise-you

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"The ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling."

What is EMPATHY?

"Empathy Definition: What is Empathy." Greater Good. 2019. www.greatertgood.org/empathy-definition/empathy-definition

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"In a study that Cornell University did in the late 90s, they showed that

How does

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Play music!!! Wax melter.
Graphic organizer (Nadene make.)

