



*"Teachers have to practice mindfulness and they have to master the practice before they can offer it to their students. The practice can be very joyful and pleasant to do. We're talking about the kind of practice that can be healing, transforming and nourishing."* -

- THICH NHAT HANH

## Who We Are

Zen Master Thich Nhat Hanh and the Plum Village Community have over 30 years of experience practicing and teaching mindfulness to thousands of people internationally, including educators' and young people.

Wake Up Schools is a world-wide movement believing in the transformative power of mindfulness, especially in learning environments. It includes a global network of dedicated practitioners who are committed to establishing a steady personal practice (breath, walking, movement, body scan, eating, and more). In a spirit of service, educators explore how to integrate core practices into their educational setting with children, teenagers, young adults and all members of their school communities.

## Wake Up Schools is for all educators

- teachers of students of all ages (from primary through university years)
- staff, administrators, social workers, school nurses and personnel working in educational settings
- parents of school age children
- educators leading extracurricular activities

## What We Offer

- Week-long & weekend retreats and workshops world wide (Level I)
- a global network of fellow practitioners
- songs and videos available for streaming on our website: [wakeupschools.org](http://wakeupschools.org)

Committed practitioners can apply to the yearlong mentorship program (Level II). For more information: [info@wakeupschools.org](mailto:info@wakeupschools.org)



*"Teachers are so desperate. We have tried everything with our kids. And mindfulness works. It simply works. So teachers love it, and so do the kids."*

-DEREK, HIGH SCHOOL TEACHER, CANADA

# Wake Up Schools



## Cultivating Mindfulness in Education

## What is Mindfulness?

Mindfulness is the energy of being aware and awake to what is happening inside and around us in the present moment.

## What is Wake Up Schools?

Zen Master Thich Nhat Hanh and the Plum Village Community coined 'Wake Up Schools' in 2008. This approach introduces educators, students and school communities to core mindfulness practices so as to support healthy and happy school environments.

Wake Up Schools uses mindfulness to help educators and their schools:

- \* Develop a greater awareness of the body, mind, emotions and our relationships
- \* Recognize importance of community building
- \* Foster a global ethic based on the profound connection between our personal wellbeing and that of our students, school communities, cities, countries and the Earth.



## What happens when we cultivate mindfulness?

### Educators

- \* Recognize the centrality of their own mindfulness practice
- \* Develop a greater ability to relax
- \* Learn to care for ourselves and to prevent burn out
- \* Understand the importance of a solid presence with ourselves and our students
- \* Cultivate a greater sense of well-being

### Students

- \* Experience greater concentration
- \* Learn to handle strong emotions like anxiety and anger
- \* Learn to employ group practices like loving speech, mindful sharing, deep listening and ways to resolve difficulties as a group

### Schools

- \* Learn how to develop a wholesome, school-wide culture based on inclusiveness, freedom, ethics, compassion and happiness

## KEY RESOURCES

### Our guidebook

*Happy Teachers Change the World: A Guide to Cultivating Mindfulness in Education*

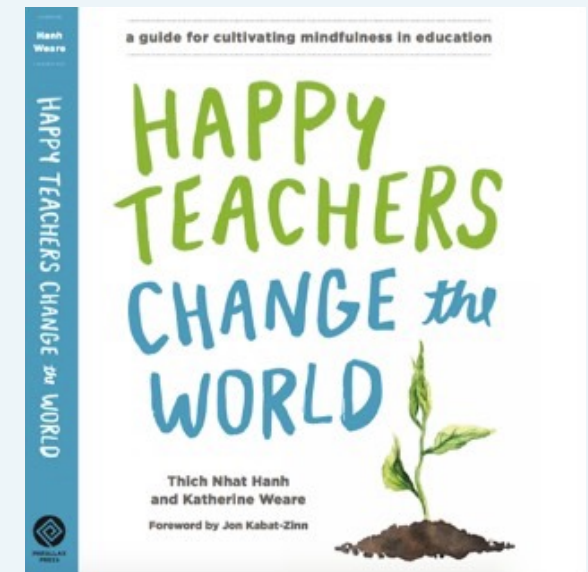
by Thich Nhat Hanh and Katherine Weare  
Foreword by Jon Kabat-Zinn  
(Parallax Press, 2017)

Our website: [wakeupschools.org](http://wakeupschools.org)

## Being happy teachers

We recognize that in recent years, school environments have become more stressful, with increasing demands placed on teachers and staff. Wake Up Schools does not seek to create more work or overload your schedule. It has evolved into a world wide, grassroots movement for teachers committed to being happy teachers.

Plum Village practices are simple and easy to apply in our everyday lives and in our classrooms. Wake Up Schools employs a teacher-centered approach to well-being and happiness. In our extensive work with educators around the world we have seen that when the teacher practices mindfulness it is naturally transmitted to the classroom. With greater well-being, teachers feel more empowered and learn to creatively embed mindfulness into their curricula and activities.



For more information:  
[info@wakeupschools.org](mailto:info@wakeupschools.org)