



MINDFULNESS  
education exchange

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## Mindfulness for Students: Research Overview

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### Students who receive mindfulness training show significant improvements in:

- Focus in the classroom
- Calming themselves down when upset
- Emotion regulation, overall
- Self-esteem
- Executive function (attention regulation, working memory)
- Respect for others
- Academic skills (e.g. 15% better math scores in a recent study)

#### Sources:

Meiklejohn et al., *Mindfulness*, 2012

Mindful Schools pilot study

Reichl et al., *Developmental Psychology*, 2015