



The Invisible Classroom: Relationships, Neuroscience & Mindfulness in School (The Norton Series on the Social Neuroscience of Education)

Kirke Olson

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Improving student learning with the tools of neuroscience and mindfulness.

How is expanding students' strengths more effective than improving their weaknesses? Why is creating a school where staff and students feel safe necessary for learning? How can anchoring with simple mindfulness practices prevent classroom behavioral problems?

There is more to a classroom than just a teacher and a group of students. All classroom interactions have "invisible" neurobiological, emotional, and social aspects—the emotional histories of students, the teacher's own background and biography. In this book, Kirke Olson takes lessons from brain science, mindfulness, and positive psychology to help teachers understand the full range of their students' school experiences. Using its classroom-ready resources, teachers, administrators, parents, and policy makers can make the invisible visible, turning human investment in their students into the best possible learning outcomes.

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