

As a teacher, you will need to manage the composition of the group and their interactions. This leads us to think about developing your understanding and management of group process.

Group Process

List the Pros and Cons to working with groups

Set Ground Rules

Here are sample ground rules:

1. Keep It Confidential
2. No Cross Talk and Advice Giving
3. Be Accountable
4. Make a Commitment
5. Practice at Home

What will be your ground rules?

Setting Up the Group

Put this structure into place and communicate it to your students:

Group Size:

Session Length:

Norms or Ground Rules:

Attendance Policy:

Setting and Sharing the Agenda

Always provide an agenda so that participants know what to expect.

Sample Agenda:

Welcome

A Brief Grounding Meditation

Class Overview - Logistics, Rules for the Group, Expectations or Reassurance

Participant Introductions

Topic or Theme Introduction

Mindful Exercise

Processing of the Exercise

Topic or Informal Practice

Group Process

Wrap Up and Homework Practice

Group Safety

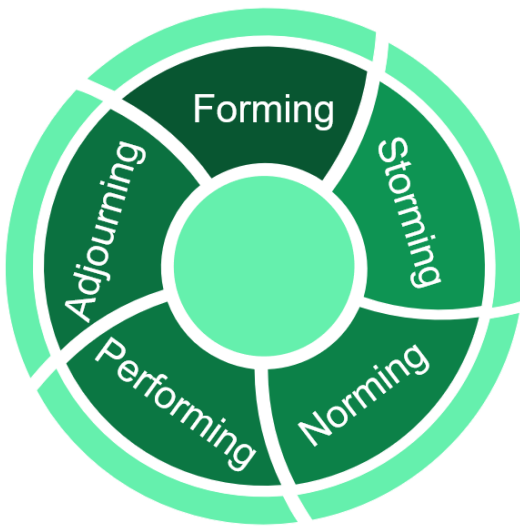
Take notes on the things you can do to communicate safety to the individual students and to the group.

Managing Challenging Students

Reflect on the course video and your own experiences in a group. Identify strategies you can keep in mind when you encounter challenging students.

Group Development Stages

Take notes that define each stage for your future reference.



FORMING	
STORMING	
NORMING	
PERFORMING	
ADJOURNING	

Notes:

Reflection Questions

Reflect on mindfulness classes you have attended. What were the group processes that stood out to you?

What are the qualities in a group leader that you hope to embody?