
Learning, meditation and neuroscience – fostering wellbeing

Jim Jackaman (SA)

The clear links between brain development, meditation practices in schools and the social and emotional health of students of all ages will be explored. These links are based on recent and ongoing research into the neuroscience of meditation in South Australia and overseas. There will also be an investigation of the cognitive impact, including outcomes for students with ADHD.

Implications for our classrooms, how teachers, parents and community members can be involved, and the role of the DECS Learner Wellbeing Framework will also be included.

This session is of relevance to those involved with students of all ages, particularly those with a focus on promoting positive social and emotional health. It is evidence based, and promotes the idea of giving people space and quiet in order to improve awareness, attention and focus, with implications for memory and creativity.

If time permits, the session will also include a brief mindfulness meditation so that participants can experience the benefits of “pressing pause” on their thinking, as well as discovering the simplicity of using meditation.