

MEDITATION EDUCATION



Several studies have examined the effects of meditation using controlled trials in elementary and high schools. The meditation practices ranged from 10 to 40 minutes, were daily to biweekly, and lasted three to six months.

As of 2012, at least **91 SCHOOLS** are implementing meditation **IN 13 STATES**

-  **CALIFORNIA**
41 schools
-  **COLORADO**
1 school
-  **FLORIDA**
1 school
-  **MARYLAND**
1 school
-  **MASSACHUSETTS**
1 school
-  **MICHIGAN**
1 school
-  **NEW JERSEY**
1 school
-  **OHIO**
1 school
-  **PENNSYLVANIA**
34 schools
-  **RHODE ISLAND**
1 school
-  **TENNESSEE**
1 school
-  **VERMONT**
5 schools
-  **VIRGINIA**
2 schools

High school students practicing daily focused meditation had



25% FEWER CLASS ABSENCES*



and



before

**38% FEWER
SUSPENSION DAYS***



after

Students in grades 1-7 practicing mindfulness meditation achieved significantly

**IMPROVED
scores on validated
ATTENTION-SKILLS
TESTS****



Students in grades 4-7 practicing daily meditation demonstrated an

**8% REDUCTION
IN AGGRESSIVE
BEHAVIOR*****

High school students practicing daily focused meditation committed

50% FEWER RULE INFRACTIONS*



* (Barnes et al. 2003) ** As measured by the ADD-H Teacher-Ratings Scale and Test of Everyday Attention for Children Scale (Napoli et al. 2005) and the Teachers' Rating Scale of Social Competence (Schonert-Reichl and Miller 2005) *** As measured by the Teachers' Rating Scale of Social Competence (Schonert-Reichl and Miller 2005)