

While there are no auditory words in this video, this is a transcript representing the words shown on the screen of the video, in order to be accessible to a screen reader.

This school replaced detention with meditation. And it's really working.

Robert W. Coleman Elementary in Baltimore, Maryland sends misbehaving students to the Mindful Moment Room instead of detention. Since they implemented this policy a year ago, there have been zero suspensions. The kids may even be bringing that mindfulness back home with them.

“We’ve had parents tell us, ‘I came home the other day stressed out, and my daughter said hey Mom, I need to teach you how to breathe’,” says Andres Gonzalez, the co-director of Holistic Life Foundation.

In addition, student meditation has been linked to improved test scores, improved information processing, and dealing better with deadline-induced stress. Could meditation revolutionize the way we discipline? Deal with stress? Find peace?

Let's meditate on it.