
Recommendations for MELT Integration



Mindfulness is an attitude that reflects the holistic nature of language learning. Rather than selecting a specific topic for cultivating mindfulness or using some practices (e.g. breathing and meditation exercises) from time to time, encourage a sustained a mindful mindset in L2 learning.



Always design a lead-in activity before any mindfulness practice and make smooth transition to the actual MELT practice. It is suggested not to ask students close their eyes all of a sudden, always prepare students for sensory perception.



Use sensory perception, guided breathing, meditative imagery, and mindful movement to take students' attention to the present moment. Learning happens only in the present time.



Make students familiar with mindfulness and spread related practices over time to make them a classroom routine for concentration, attention gathering, and relaxation.



Consider all nine attitudes of mindfulness and how you can incorporate them into L2 study.



Remember that students can practice mindfulness between classes, before exams, or at home by just sitting quietly, breathing naturally, and observing the moment non-judgmentally.



Support students to choose mindfulness practices according to their needs.



Explain students how they will benefit from mindfulness practices and, if appropriate, talk about simple science behind mindfulness (e.g. regulation of hormones and the nervous system).



Be patient about the process of developing a mindful mindset as it takes time and constant practice.



Always prioritize your learning outcomes and integrate mindfulness to enrich language learning experience and improve language skills and areas.



Encourage students to keep a portfolio of mindfulness practices and mindful journals to track their L2 learning journeys.



Keep all mindfulness activities simple and adjust language input appropriate to the level.



Pay attention to the age, level of the students, the learning environment, and the linguistic outcomes while integrating mindfulness into L2 classroom.

Kuru Gönen, S. İ. (2024). *Mindfulness-Enhanced Language Teaching (MELT): A New Instructional Approach for Second/Foreign Language Teaching*. In G. Zeybek (Ed.) pp. 1-24. IGI Global: Hershey PA.