



"A fresh, inspiring guide
for English teachers who want to
teach with clarity, creativity
and less stress"

THE Mindful ENGLISH TEACHER

blends practical strategies with powerful stories to help you reimagine your classroom practice. From teaching Shakespeare and pre-1900 texts to tackling spelling, punctuation and grammar, literary analysis, and curriculum reform, this book offers clear, compassionate guidance for every stage of your teaching journey.

At the heart of the book is a vivid cast of contrasting personas- the Mindful and the Unmindful English Teacher- used to explore how small shifts in mindset and method can lead to big changes in how students learn, engage, and thrive.

This isn't about silent meditation or trendy fads, it's about real, grounded strategies to help you teach better, feel better, and stay connected to what matters most.

Cover illustration by G. Cowley



THE Mindful ENGLISH TEACHER

Francis Gilbert

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A TOOLKIT FOR LEARNING & WELL-BEING

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