



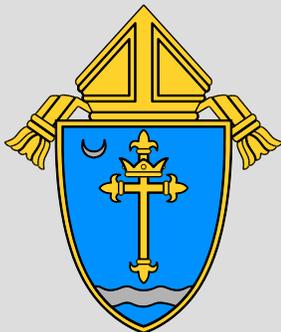
Helpful Resources

Books:

- *Meditation is an Open Sky* by Whitney Stewart
- *Breathe Like a Bear* by Kira Willey
- *Master of Mindfulness* by Laurie Grossman

Websites:

- mindyeti.com
- <https://www.headspace.com/kids>
- <http://leftbrainbuddha.com/5-mindfulness-practices-bring-classroom/>



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School Tools

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Mindfulness



Dear Parents and Teachers,

Mindfulness is the act of having both present-time awareness and mental calmness. These components can help parents and educators have a more focused environment at home and in the classroom.

Mindfulness is about focusing attention on the present rather than thinking about the past or worrying about the future—the brain's default setting. Bringing activities and discussions focused on mindfulness can help students

practice and strengthen their mindfulness awareness.

There are many benefits of practicing mindfulness, including: increased self-awareness, self-confidence, and emotional regulation. Mindfulness training has also been shown to reduce the severity of mental health concerns including depression, anxiety, and ADHD in children.

Mindfulness Activities

Mindful Journal: Find a quiet place to journal each day.

Mindful Cooking: Cooking is a great way to spend quality time. Encourage children to notice the colors, smells, and tastes of their meals.

The Mindful Jar: Fill a jar with water, add a spoonful of glitter, shake the jar to make the glitter swirl. Imagine your mind is the jar—sometimes our minds can be chaotic, but once it settles, we can think more clearly.

Mindful Breathing: Focus your breath, making sure your stomach rises and falls with each inhale and exhale.

Mindful Walk: Find a quiet place to take a walk. This can be outdoors, a hallway, or even a large room.

Steps to Becoming Mindful

Children are uniquely suited to benefit from mindfulness exercise. For parents and educators, the best way to teach children to be mindful is to embody the practice. It is helpful to give them concrete steps to better their skills. Here are some general steps in teaching mindfulness to children:

Step one: Find a comfortable space where you can be focused and will not be disturbed or interrupted.
Step two: Take a deep breath and relax your entire body, with your eyes opened or closed.

Step three: Listen to the sounds around you. Keep taking and releasing slow, deep breaths.

Step four: Bring awareness to the sensation of your breathing. Feel your chest rising and falling.

Step five: Start counting your breaths softly—count from one to ten, then start back over.

Step six: If your brain begins to wander, return to counting the breaths again from the start.

Step seven: Start to notice the volume and speed of your breath.

Step eight: Bring your attention to the presence of the thoughts moving through your mind. Be aware of your feelings. **Most important step!**

Step nine: Feeling a growing sense of peacefulness within you settle, bring attention to your breath again. Slowly open your eyes.

Information retrieved from: <http://happyproject.in/mindfulness/>

Important info. For
Parents & Teachers!

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