



August 22, 2016

Dear Woodland Parents,

This year I am implementing a new guidance program on Mindfulness at Woodland School. During the 2015-2016 school year I offered a pilot program to several groups and classes, and due to the very positive responses I decided to offer lessons to all students and staff this school year. Mindfulness is something that I feel personally is very beneficial and that I practice everyday. I have completed the Mindful Schools Curriculum Training Program and the Omega Institute advanced training on Mindfulness Tools which I am eager to share with our community.

What is Mindfulness?

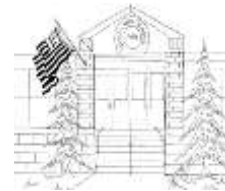
Mindfulness is the development of our ability to be fully aware of the present moment; our thoughts, emotions, physical sensations and surrounding environment. Mindfulness includes the intentional nurturing of kindness and compassion.

Benefits of Mindfulness:

- Better focus and concentration
- Increased sense of calm
- Decreased stress & anxiety
- Enhanced health
- Improved impulse control
- Increased self-awareness
- Skillful responses to difficult emotions
- Increased empathy and understanding of others
- Improved Social-Emotional Skills

For more information on the many research studies that have been done on the benefits of Mindfulness, please click on the link below.

<http://www.mindfulschools.org/about-mindfulness/research/>



If you would like to learn more about Mindfulness or begin practicing at home:

Websites

Mindfulschool.org

Calmer choice.org

Mindful Magazine- www.mindful.org

Books

Sitting Still Like a Frog by Eline Snel

10 Mindful Minutes by Goldie Hawn

Wherever You Go, There You Are by Jon Kabat Zinn

Get Out of Your Mind and Into Your Life by Steve Hayes

The Happiness Trap by Russ Harris

Apps

Relax and Rest- guided meditations

The Mindfulness App

Sitting Still like a Frog

Mindfulness for Children

More information will be presented at Back to School night. I look forward to a peaceful, calm and mindful 2016-2017 school year!

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