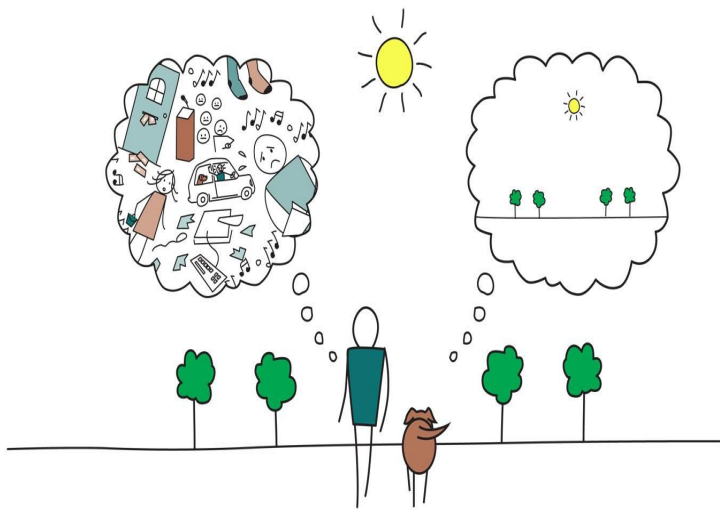




# Mindfulness In Our Schools

- Warren Township believes in the importance of educating the “Whole Child” through Mindfulness practice.
- Mindfulness is paying attention to our experience in a way that allows us to respond rather than react.
- Mindfulness is a beneficial practice for adults and children, which increases the ability to focus, recognize and manage emotions, make better decisions, and empathize in relationships.
- Mindfulness Practices include mindful bodies, mindful breathing, heartfulness.



Mind Full, or Mindful?

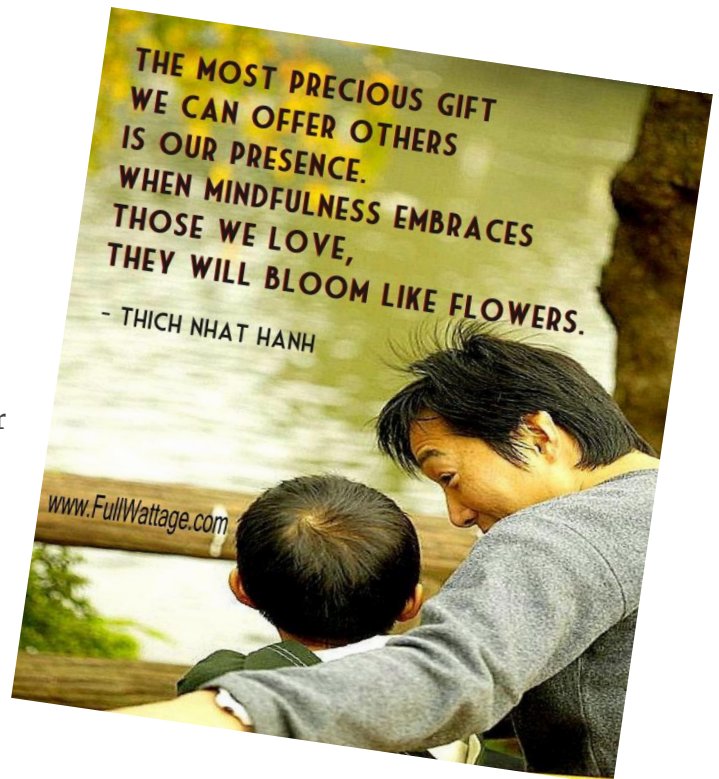
## Core Benefits:

- Better focus and concentration
- Increased sense of calm
- Skills for managing stress & anxiety
- Enhanced health
- Improved impulse control
- Increased self-awareness
- Skillful responses to difficult emotions
- Increased empathy & understanding of others
- Leads to improvement in Executive Functioning and cognitive control
- Improved social skills
- Improved emotional skills
- Improved sleep quality
- Improved academic achievement

### *Mindfulness Applications*

Mindfulness strategies can be applied across many different disciplines. Mindfulness gives children access to some of the same techniques that the world's top athletes, speakers, and musicians use to perform at their best under pressure-filled circumstances including:

- Test taking
- Public speaking
- Sports
- Music
- Peer interactions
- Family life
- Improved self-regulation
- Improved classroom management and behavior



### *The Role of Mindfulness in Social-Emotional Learning*

- By targeting the three key skills of attentional control, self-awareness, and emotion regulation, mindfulness builds student self-regulation to greater extent than social emotional programs alone.
- Self-regulation allows students to think clearly enough to choose a strategy they learned in their social and emotional learning curriculum - in the heat of the moment.
- Mindfulness can support students in paying closer attention, enabling them to better learn academic content and Social-Emotional Learning skills.
- Mindfulness can promote prosocial attitudes and behavior by fostering empathy, kindness, compassion, and gratitude.