

## Mindfulness Programs

Mindfulness is a way of paying attention to what is happening around us, moment to moment. Mindfulness helps children by teaching them how to manage their emotions, decrease stress and anxiety, and redirect their energy in a positive way. Individuals who practice mindfulness often find it helps facilitate focus and attention. Imagine a classroom full of students who have these skills and understanding – what a calm environment and better place for learning!

### Why it Matters

A growing body of research and neurosciences shows many benefits of mindfulness:

- better focus and concentration
- increased sense of calm
- decreased stress and anxiety
- enhanced physical and mental health
- improved impulse control
- increased emotional regulation
- enhanced empathy and understanding of others
- development of natural conflict resolution skills

### How it is Effective

Minding Your Mind's mindfulness programs take a multi-tiered approach, addressing social and emotional skills, mindfulness practices, the individual, and how he or she functions within the community. Our sessions and workshops are structured with this format in mind: **Information:** lessons about mindfulness; **Practice:** mindfulness techniques; **Share:** connecting and sharing experience.

**For Students:** Minding Your Mind's mindfulness sessions for students are designed to introduce techniques and practices. Fundamentals can be learned in a small number of classroom lessons, while a more consistent practice can be cultivated through additional time and presentations. Practicing mindfulness on a daily basis can help students build emotional regulation, focus, and empathy. Each classroom session includes a lesson in mindfulness, a short practice, and a sharing period. The length of time can be tailored to meet the needs of the school while taking into consideration the age of the students.

**For Teachers:** A workshop geared toward the professional, this one- or two-hour session will provide an overview of mindfulness in education. Your school's staff will benefit by learning from our instructors on the what, why, and how of mindfulness in the classrooms.

**IN-Power Performance Program:** Appropriate for any athletic team, school club, and academic organization, the IN-Power Performance Program is designed to help students to perform at their highest levels to achieve personal and collective goals.

[To meet our mindfulness instructors or book a program for your organization, please visit our website at www.mindingyourmind.org](http://www.mindingyourmind.org)