

Morning Mindfulness at Cliffwood Elementary

What is mindfulness?

Mindfulness is the ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is happening around us.

What are the benefits of mindfulness?

- ♥ Reduces stress and anxiety
- ♥ Improves self-control, focus, and positive decision making
- ♥ Increases self-esteem, positive moods, and positive social skills
- ♥ Promotes patience and emotional regulation

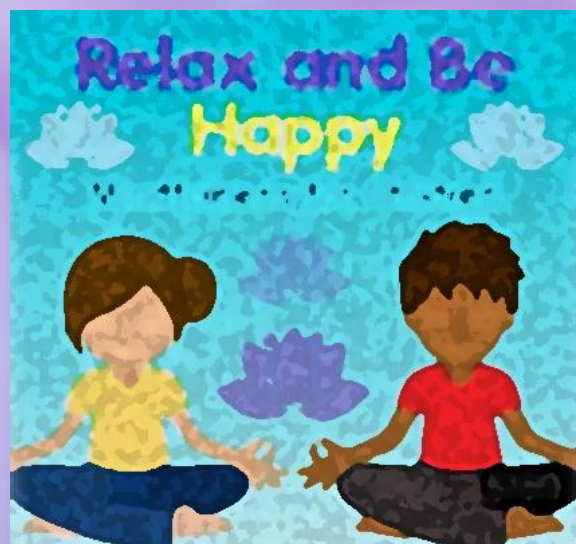
Monday Morning Mindfulness

Monday
9:20-9:30am

All students will participate during their homeroom block at the conclusion of regular morning announcements

Morning Mindfulness checklist for remote learners:

- ◆ A quiet space with minimal distractions
- ◆ Laptop or computer with video and sound capabilities
- ◆ Chair, mat, or comfortable space to sit



Looking forward to taking a mindful moment together with you!

-Mrs. Levine,
Cliffwood School Counselor