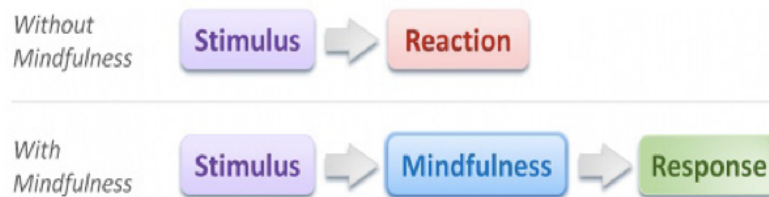


What is Mindfulness?

"Paying attention to the present moment on purpose with kindness and curiosity"

--Jon Kabat-Zinn

Children enter this world with a natural curiosity about life and their surroundings. Mindfulness, which means to pay attention to life in the present moment, supports and strengthens this innate quality. Mindfulness is a portable tool children can learn to incorporate into their everyday lives as they face the many challenges and stressors of living in our fast-paced, multi-tasking world. Research has shown mindfulness supports academic learning as well as emotional resiliency and the ability to respond to life's challenges with clarity and compassion.



"Mindfulness creates space, changing impulsive reactions to thoughtful responses."

--Mindful Schools

What is mindfulness?

Mindfulness is three attentional skills working together:



The ability to focus on what you want, when you want.

Increased awareness of thoughts, emotions, senses, and external behaviors.

Non-reactivity, The ability to let sensory experience come and go without push or pull.

It is a skill that needs to be practiced, just like music, art, or sports.

Mindfulness = Heartfulness

Mindfulness without Heartfulness is not complete



Heartfulness without Mindfulness is not complete

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