

Lin Howe Elementary School presents:

Mindfulness Matters

Lin Howe is excited to continue exploring secular Mindfulness Education.

Family Mindfulness: An Evening of Practicing Together **THURSDAY, MARCH 2, 6 PM* - 60 MINUTES**

FAMILY MINDFULNESS is open to all parents and children K-5, with grades 2-5th being the best fit. The sixty-minute session will involve discussion and practice techniques for families to engage in together. This is a great way to explore mindfulness and learn techniques you can practice as a whole family.

Final evening mindfulness session of the 2016-2017 school year:

THURSDAY, APRIL 20, 2017

More details coming soon...

**Mindfulness is the ability to focus in a particular way:
in the present moment, with openness and curiosity.**

PLEASE CONTACT MINDFULNESS LIAISON BROOKE CAMPANELLI FOR MORE INFO

AT: bcampanelli@comcast.net

Benefits of mindfulness include:

(SUPPORTED BY THIRTY YEARS OF RESEARCH AND CURRENT NEUROSCIENCE)

- Better focus and concentration
- Decreased stress and anxiety
- Improved impulse controls
- Increased empathy and understanding of others
- Increased sense of calm
- Increased self-control and self-regulation

Mindfulness educator Megan Hook has over ten years of classroom teaching experience as a professional Teaching Artist, and over twenty years of mindfulness and meditation experience. She teaches mindfulness in schools and also facilitates Professional Development in secular mindfulness for stakeholders in education. She is affiliated with Mindful Schools,

www.mindfulschools.org

