



VIRTUAL MINDFULNESS – HOME NEWSLETTER

LESSON ONE: WHAT IS MINDFULNESS? PRACTICE: MINDFUL LISTENING

Greetings from Starr Commonwealth!

We hope you all are well. During this time, when we are all experiencing collective stress and uncertainty, we are dedicated to staying connected and supporting your wellbeing at home. Before the closure of schools, we had partnered with several school districts to bring mindfulness practices into classrooms. Research has shown that mindfulness has many benefits to cognitive outcomes, social and emotional skills, and wellbeing.

Research: Mindfulness Benefits Students



Cognitive Outcomes

- Attention
- Executive function - including cognitive control and flexibility



Social-emotional Skills

- Emotion regulation
- Behavior in school
- Empathy and perspective-taking
- Social skills



Well Being

- Test anxiety
- Stress
- Post-traumatic symptoms
- Depression

In an effort to support you with mindfulness practices at home, our team of Resilience Coaches have filmed 6 weeks of lessons for elementary and secondary students. Each week we will pay attention to a different present moment experience. Each lesson will refer to the lesson from the week prior, provide some context about the lesson of the week, guide a mindfulness practice, and finally some questions for reflection or discussion. We will share a new practice each week that will build on the practice from the week prior.

Mindfulness
means paying
attention in a
particular way;
on purpose,
in the present
moment
and non-
judgmentally.
-Jon Kabat-Zinn

www.nourishedandnew.com

In this first lesson we define mindfulness, learn about mindful posture, and practice paying attention to sound. Your student can follow the practice as many times as they wish. In our experience in classrooms, students always engage more readily with the practice when the teachers practice with their class. The same will likely be true at home. If you can, please practice with your child and engage with discussion questions after the practice. Mindfulness can not only support your child, but also be an opportunity to take care of yourself. As you practice with your student, don't worry if they are squirmy, need practice to sit in mindful posture, or don't follow the whole lesson. Practice non-judgement with your child and get curious with them, normalizing that learning something new takes practice, and that stress affects our abilities to focus. We call it practicing mindfulness, not perfecting.

Connection and relationship are the most powerful tools we have for healing. It is my deepest hope that through the experience of school closures educators, families, and community members will be able to strengthen relationships in new ways. If you have any questions at all, or would like to share your experience with mindfulness, please connect with me.

May you be healthy.

May you feel peace.

May you feel love.

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