



## **EARLY MORNING DROP-IN MEDITATION FOR ELEMENTARY/JUNIOR HIGH STUDENTS BEGINS MONDAY, SEPTEMBER 17**

Elementary and Junior High students arriving at Cove before 8:30 am are invited to participate in *Early Morning Drop-In Meditation*. This is an opportunity for our younger students to enjoy a short period of calm, focus and quiet self-reflection between the rush to arrive at school and the start of the day's classes.

*Early Morning Drop-In Meditation* begins this coming Monday, September 17, and is offered daily as an alternative to before-school outdoor recess. Participation is entirely optional. Students may "drop-in" as soon as they arrive at school, and may attend all or as many mornings each week as they wish.

Each staff-led session will focus on breathing techniques for relaxation and clarity, as well as youth-designed activities that encourage mindfulness for both self-awareness and self-regulation. This program is being offered as an adjunct to *Calm Classroom*, our Cove-wide initiative that enables students to begin classwork with a brief period of calm breathing and focus. All *Early Morning Drop-In Meditation* sessions are planned in consult with Cove social workers.

We invite you to learn more about the benefits of meditation for youngsters by visiting the following sites:

"20 Scientific Reasons to Start Meditating Today" :  
<https://www.psychologytoday.com/us/blog/feeling-it/201309/20-scientific-reasons-start-meditating-today>

"Meditation: In Depth":  
<https://nccih.nih.gov/health/meditation/overview.htm>

"The Effects Of Meditation On The Brain"  
<https://www.forbes.com/sites/quora/2017/05/15/the-effects-of-meditation-on-the-brain/#4b75eb002ddb>

**If you have questions about *Early Morning Drop-In Meditation*, please contact Regina Aniolowski, Elementary/Junior High Lead Administrator, 847/562-2100.**