



## A Mindful Start to the New year

**#BePresentPBC**

According to Elena Aguilar, "Mindfulness is the nonjudgmental cultivation of moment to moment awareness. It's a mental state in which you are focused and without judgment."

Throughout this month, we invite you to give yourself permission to have a mindful start to the New Year. Help us change the culture from being busy to being more present and promoting mindfulness through social media by using the hashtag *#BePresentPBC*. Also, don't forget to tag us @selpbc.

**Mindfulness BINGO Challenge:** We are challenging you to practice being more present everyday by engaging in at least one mindfulness exercise daily from our [Mindfulness Bingo Card](#). If you complete your BINGO card by the end of the month and turn it in then you will be entered in a raffle to win a prize.

Below are some resources for mindfulness activities for adults, teens, and children. Remember, mindfulness exercises make great brain breaks for both adults and young people!

[22 Mindfulness Exercises, Techniques, & Activities for Adults](#)

[30 Mindfulness Activities to Find Calm at Any Age](#)

[9 Fun Mindfulness Exercises & Activities for Adults](#)

[51 Mindfulness Exercises for Kids in the Classroom](#)

[25 Fun Mindfulness Activities for Children and Teens](#)