



## Matthew's Mindful Moment at The Meadowbrook School

After a successful pilot program in the Spring of 2017, we're partnering with May You Be Mindful to bring Matthew's Mindful Moments back to Meadowbrook, beginning Tues Oct 3!

### What is Mindfulness?

Mindfulness means paying attention in the present moment to our thoughts, feelings, bodily sensations, or surrounding environment. For the sake of simplicity, we can define it as noticing what's happening right now in an open, balanced and curious way. It also includes intentionally nurturing positive states of mind such as empathy and kindness.

### Why should students learn Mindfulness?

Scientific studies find that mindfulness improves young people's attention, emotion regulation, behavior in school, social skills, empathy, test anxiety and stress, among other benefits. For more information, visit [www.mindfulschools.org/research](http://www.mindfulschools.org/research).

### How do we teach Mindfulness?

May You Be Mindful's program is based on the Mindful Schools ([www.mindfulschools.org](http://www.mindfulschools.org)) curriculum, which has been shared with over 750,000 children and adolescents in all 50 U.S. states and over 100 countries.

The MYBM program includes lessons every Tuesday and Thursday for 6 weeks. Lessons include time for instruction, practice, and discussion in the following topics:

- Mindful breathing; Mindful listening; Cultivation of positive states like kindness, generosity and gratitude; Mindfulness of thoughts; Mindfulness of emotions; Mindful movement; How the brain works

### How can you support your child at home?

Ask her to teach you what she learned about Mindfulness at school ☺. If you don't have a bell or chime at home, you can download Insight Timer meditation app (free), and use the timer feature to pick a bell of your liking. You might also enjoy doing these (short & sweet!) mindful moments together (perhaps before leaving for school in the morning, or prior to an activity that might be stressful for you and/or your kids): <https://www.kirawilley.com/music>.

### About May You Be Mindful

Shannon Funt created May You Be Mindful to marry her 2 passions: working with youth to make an impact in the world, and cultivating personal awareness and intention through the study of mindfulness. Shannon has been a yoga and meditation enthusiast for 20 years, is a mom of 2 young boys (5 & 2), and has been practicing mindfulness since 2013. She can be reached at 267-419-7497, [shannon@mayyoubemindful.com](mailto:shannon@mayyoubemindful.com), or [www.facebook.com/mayyoubemindful](http://www.facebook.com/mayyoubemindful).

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