

Mindfulness Week 2

By learning how their brains respond to stress and by practicing strategies for quieting their minds, students become better at self-regulation, increase their capacity for absorbing information and improve their relationship skills.

In week 2 your child will learn to define and describe the difference between mindful and unmindful thoughts and actions as well as apply the concept of mindful awareness to their own lives.

Ask your child what strategies they might use if their mind is drifting and they are trying to refocus.

Discuss examples in your daily life of being mindful or unmindful.

Examples:

Mindful – Talking time to notice if someone around you needs some help or would like your attention. Trying foods that are different from anything you've eaten before. Looking at someone's face when you're talking to them, to see how they are reacting to what you're saying.

Unmindful – Liking things because other people like them. Trying to do too many things at the same time, like walking and texting. Ignoring pain or other signals from your body that tell you that you're hungry or tired.

Helping Information for you

What is Mindful Awareness?

Attending to the here and now-other people, the environment, a concern or challenge-in a considerate, nonjudgmental way is called mindful awareness. It's a skill that can be developed by paying close attention to our present situation and our role in it. By reflecting on our thoughts and actions, we can decide how to make better choices when appropriate. Learning to be mindfully in tune with what's happening in the moment prepares students to make sound decisions rather than be ruled by their emotions.

Enjoy learning about helping our children be more mindful!