

Mindfulness Week 9

By mindfully observing their senses, students will become adept at sharpening their attention and using sensory experiences to enhance memory, problem solving, relationships, creativity, and physical performance

Mindful Movement

This week your child will focus on mindfully controlling their balance and describe the sensation they experience. They will then connect mindful balancing to being well balanced in life.

Students continue to deepen their awareness of physical sensations they often overlook. From their Pulse Power to exercise vigorously to accelerate their heart rate and use breathing to calm their heart, they discovered that they could both mindfully observe and help control their physical responses. With this understanding, students are ready to try a set of physical challenges that require focus and concentration in order to maintain their balance. Participating in the balancing activity helps students deepen their brain body connection and build self-regulation skills as they work to control their physical and emotional responses to stay steady.

Emotional Balance: Key to Efficient Executive Function

Executive function is mental management that takes the big picture into account. Executive function comprises many higher-order skills that depend upon the thinker's ability to reflect before reacting. Among these skills are evaluating information, organizing, focusing attention, prioritizing, planning and problem solving. The control of executive functions is guided by our prefrontal cortex, proportionally the largest of any primate. Executive function skills are affected by our emotional state in part because the neural networks for emotional response overlap with the neural networks for executive functions. Thanks to the brain's neuroplasticity, both of these overlapping networks in the prefrontal cortex are strengthened when the brain is engaged in either an emotional response or an executive function. Learners who can recognize and control their own emotional state become confident and successful, both socially and academically.