

Dear Families/Caregivers,

Mindfulness is the awareness and acceptance of the present moment. Developing a practice of mindfulness nurtures a sense of quiet inner peace, improves one's ability to learn, and promotes deeper and more meaningful relationships. Studies show that a practice of mindfulness helps students focus better, leading to increased learning, improved mental health and wellbeing, and better decision-making and social skills.

In this lesson students learned the following mindful practices:

Focused Breathing

Take a deep breath. Breathe deeply in through the nose and exhale slowly through the mouth. Think about the breath as you breathe.

Focused Sensing

Pause and look, listen, smell, feel, and taste in the moment. For example, focus on the food as you eat.

Focused Attention

Pay attention as you do an everyday task such as brushing your teeth.

During a meal, practice mindfulness with your teen. Put your focus on the food. Smell the food. Feel the food in your mouth. Chew the food slowly. Listen to the sound of the food crunching in your mouth. Taste the different flavors.

Developing a practice of mindfulness will make a difference in the way your teen sees life and help him or her feel happier and more relaxed.