



Mindfulness in School

By Robin Gregg, School Counselor

Mindfulness, the practice of being fully aware and “awake” in the present moment, with no judgment, has become hugely popular in the United States and around the world in business settings, health care facilities, wellness programs, and increasingly, in schools. The benefits of regular mindfulness practices include stress reduction and increased focus and attention.

At AES, students have been learning a variety of mindfulness practices during classroom counseling lessons. We often practice a few minutes of “mindful movement” such as yoga, stretching or balance poses at the beginning of a lesson in all of the classrooms, kindergarten through fourth grade. Third and fourth grade students have practiced mindful listening, mindfulness of touch, and mindful walking.

We often practice “silent seconds” at the end of a classroom lesson—sitting quietly, paying attention to our breathing, noticing sounds, sensations, feelings and thoughts.

These activities and other mindfulness practices can help children (and adults) to self-regulate, and can help to ground and/or energize them. And—they are fun to do!

Here is one simple mindfulness practice to try with your baby or young child(ren), adapted from the Mindful Games Cards by Susan Kaiser Greenland and Annaka Harris and included in a recent New York Times article about the benefits of mindfulness for children. For more information:

<https://www.nytimes.com/guides/well/mindfulness-for-children>