

MINDFULNESS



ENHANCED CURRICULUM

Magic happens when you nurture the whole child: body, mind and spirit!

WHAT IS MINDFULNESS?

Mindfulness, also referred to as awareness, is the simple act of noticing thoughts, sensations, and feelings. It is a secular practice that helps to reduce stress, increase emotional coping skills, improve sustained attention, focus and executive neuro-functioning and cultivate a deeper sense of empathy. Techniques such as meditation, deep breathing, awareness-based activities and learning about the functioning of the brain are some of the fundamental tools of mindful practice.

WHY PRACTICE MINDFULNESS?

Anyone can learn mindfulness, and when practiced regularly, it has the potential to benefit all people. Even in small quantities, it has been demonstrated to have positive impacts on kids and adults. Ample research has been conducted on the effectiveness of mindfulness, and such research has shown that regular mindfulness practices can result in:

- Increased emotional regulation
- Reduced levels of stress, anxiety and depression
- Increased clarity of awareness and increased short-term working memory
- Decreased rumination and negative emotional states, and enhanced positive emotional states
- Improved interpersonal skills and ability to connect meaningfully with others
- Decreased struggle and conflict with others



HOW IS IT USED AT CAA?

Mindfulness is practiced regularly in all CAA learning spaces. We use the MindUP curriculum to help build understanding of and stamina for mindful practices, as well as to teach about neuroscience and brain health. Students practice mindfulness in both short, more frequent amounts (like when transitioning between activities,) and also in longer, less frequent amounts (such as sustained guided meditations or mindful movement practices.) As students move through the grades, their stamina for mindfulness increases and they are more able to apply the practices independently in their own lives.

LEARN MORE: MindUP. (n.d.). Research Studies. <https://mindup.org/research/>