

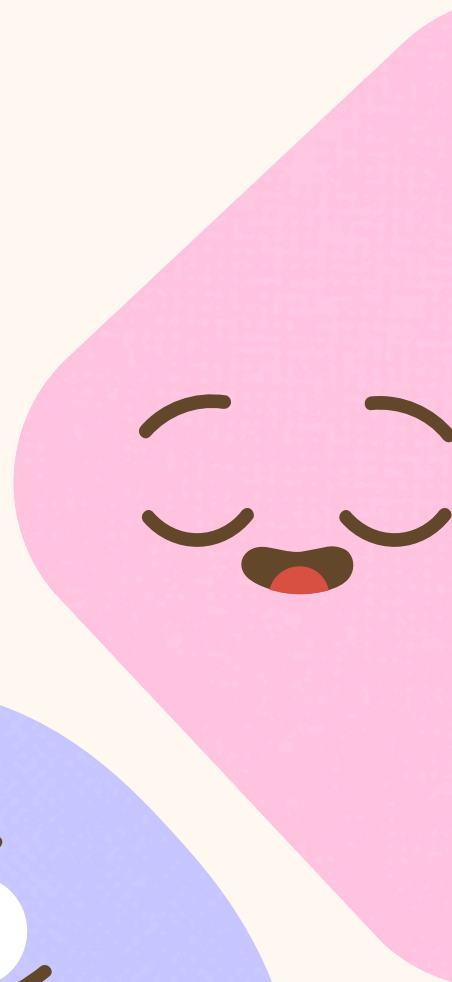


Mindfulness for Online Learning

HOW MINDFULNESS MATTERS TO STUDENTS

**"Mindfulness is to
pay attention, on
purpose, to the
present moment."**

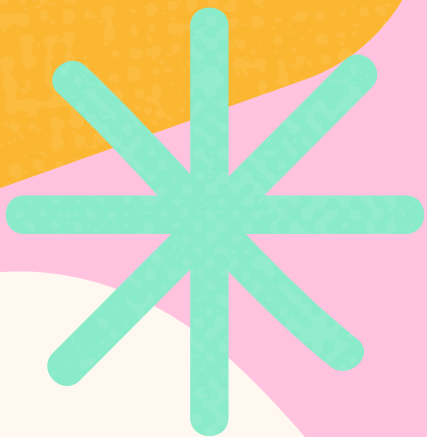
LAURIE GROSSMAN



Why practice mindfulness?

Children and young adults are not immune to stress and anxiety. Practicing mindfulness helps them manage their thoughts and feelings. It also helps them develop skills in problem solving and decision making.





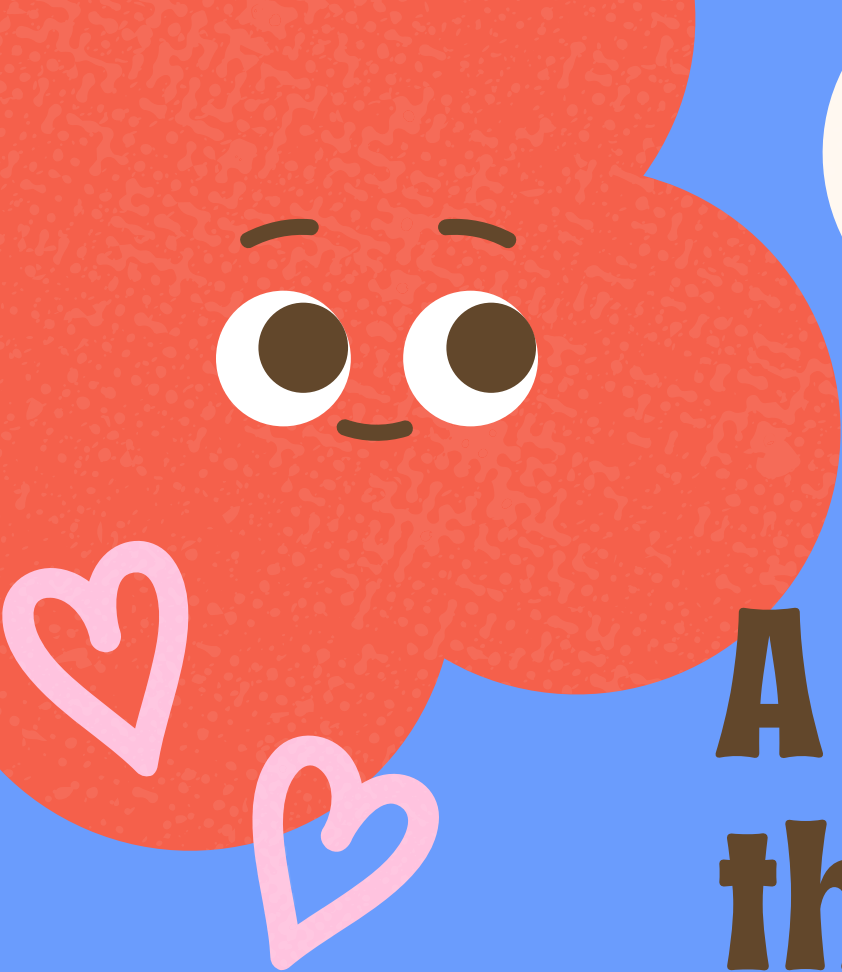
Start with quiet time

At the start of the day, ask them to take deep breaths. Ask them to focus on their breathing and how their body feels as they do it. Do this for about five minutes.



Take a mindful break

Have a moment during the day where they take a break from work and sit quietly for a minute or two. They can close their eyes and practice deep breathing.



A mindful thought

Journaling is a good tool for mindfulness. They can keep a small notebook, and at the end of the day, they can write down one thing about their day that they are proud of accomplishing.

Summary

1. Start the day with quiet time
2. Take a break for mindfulness
3. Keep a journal

