

STONEGATE ELEMENTARY

Counseling Newsletter



Topic of the Month: Mindfulness

What is mindfulness?

Mindfulness is the state of being fully present and aware of where we are and what we are doing.

Practicing mindfulness can help kids to focus, manage stress, regulate emotions, and develop positive outlook.

How to use mindfulness?

- Take a "brain break" --> students can take 3-5 minutes to take deep breaths and quiet their minds, be present, and focus
- Take a few minutes between activities to reflect the things that are important in life
- Create a "thankful" jar --> each day, the family can take a moment to write down something specific they are grateful for
- Remind your kids to be mindful and aware even during activities such as homework, eating, or attending a birthday party --> example: listen to the sounds they hear, what the sounds remind them of

MINDFULNESS RESOURCES

Mindfulness Books

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel

Just Breathe: Meditation, Mindfulness, Movement, & More by Mallika Chopra

Mindfulness Phone Apps:

Headspace for Kids

Smiling Mind

Sleep Meditations for Kids



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*"Yesterday's the past,
tomorrow's the future, but
today is a gift. That's why it's
called the present."
- Bil keane -*

SAVE THE DATE! PARENT WORKSHOP

Topic: Anxiety Education

Date: 11/14/18

Time: 8:30 AM

Location: Library



*More information on Mindfulness
Resources!*

- Headspace for Kids: This is a well-known mindfulness app designed for kids filled with breathing exercises, visualizations, and meditations grouped in 5 categories (kindness, focus, sleep, calm, and wake-up)
- Smiling Mind is a free application with mindfulness sessions that include questions to focus the mind, followed by easy meditation exercises
- Sleep Meditation is a free app to incorporate in one's bedtime routine with bedtime stories modified into guided meditation



*Warmly,
Joanne Kim
Elementary Resource Counseling Specialist*