

Meditation

Students start the day in many states.

Practice

By practicing mindfulness, strengthen our students' self-awareness and self-management competencies, remove affective filters from a hectic morning, and prepare ourselves for a day of academic rigor.

A daily routine to
ready our bodies and be
mindful for the day.

**GOOD FOR YOU,
MEDITATION IS.**

Set a timer for 10 min.

Sit comfortably.

Bring your awareness
to your breath.

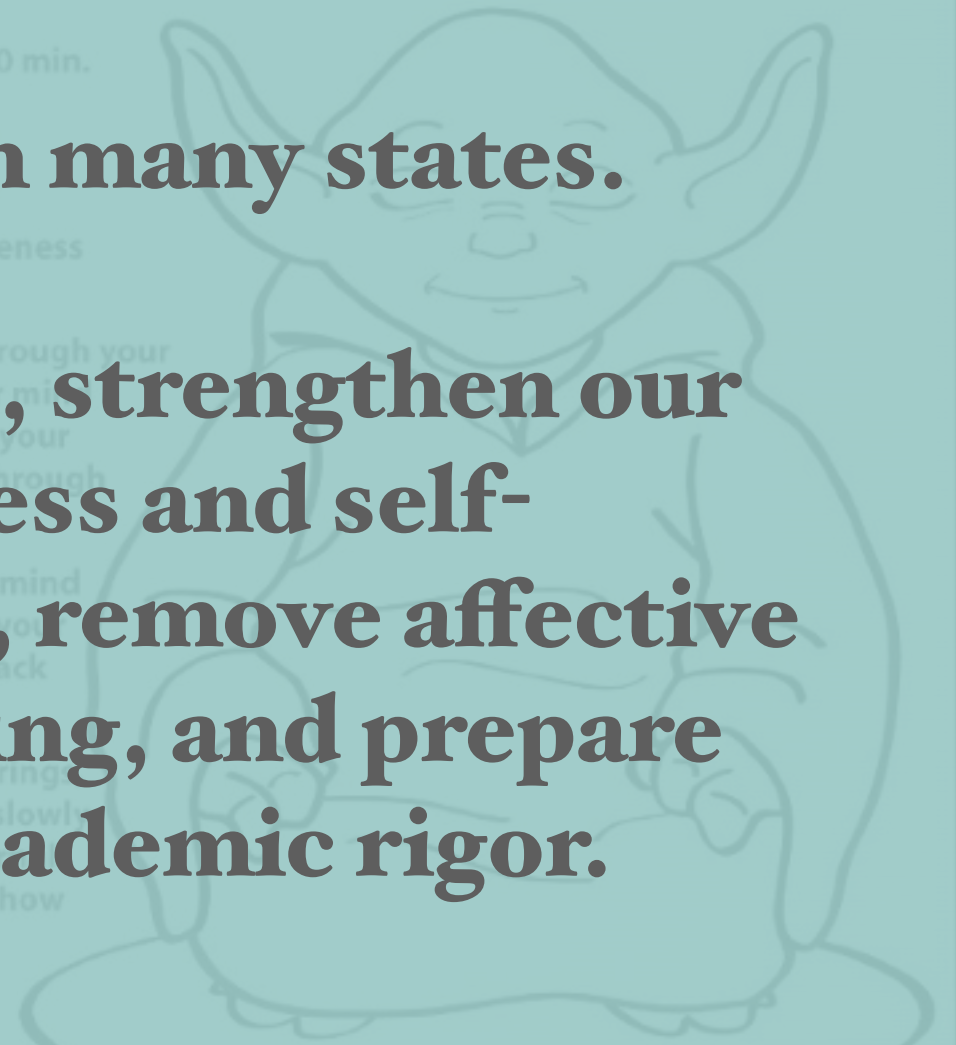
Slowly inhale through your
nose, focusing on the sound of your
breath. Exhale through

Every time your mind
wanders, bring your
concentration back
to your breath.

When the timer rings,
open your eyes slowly.
Take a few deep breaths
and write down how
meditation
makes you feel.

It might be challenging at first. But
don't give up! With steady practice,
you'll soon be able to meditate just
like Yoda!

COLOR YODA!



Meditation Practice

- * scheduled daily after first morning greetings
- * highly guided, using a gradual release teaching style
- * scripted exercise to encourage a habit of mindfulness
- * assortment of seating arrangements
- * Friday Flexday (dance, skit, yoga, etc.)