**Mindful Spark (contacted)**

Provide activities in order to raise the importance of mindfulness for students in these five areas. Mindful Spark teaches mindfulness to children, family and educator

1. Cognitive wellness

2. Environmental wellness

3. Nutritional wellness

4. Emotional wellness

5. Physical wellness

**Provides**

* Extra curricular activities at schools (ECAS)
* Parents workshops
* Parents workshops
* Parent & teacher workshops
* Family workshops