

Introducing Mind Yeti[®] Sessions

We're using Mind Yeti sessions to learn about and practice mindfulness in our classroom!

What Is Mindfulness?

Mindfulness is being aware of your thoughts, feelings, and sensations in the present moment, without judgment. Research shows that children and adults who practice mindfulness experience a number of benefits, including improved well-being, increased emotional intelligence, and greater empathy. Mind Yeti sessions make it easy for us to create a mindfulness practice in our classroom in just a few minutes a day.

Why Are We Practicing Mindfulness?

With all of the social, emotional, and academic demands of school, getting a young mind ready for learning can be challenging. Mind Yeti sessions are designed to help students learn how to feel calm, stay focused, and create a kinder, more positive classroom environment. Through this work, we're supporting your child's critically important social-emotional development.

References for the research-based benefits of mindfulness can be found in this article:
<https://www.cfchildren.org/blog/2022/07/how-can-mindfulness-benefit-students/>

