

Wellness Toolkit: Family Connection

Teen Module 6 – Mindfulness

Directions: Your child is currently participating in the Child Mind Institute’s Wellness Toolkit in their classroom and has completed the sixth module which is all about mindfulness.

In this module, students learn all about mindfulness – what it is, why it’s important, and how to practice it. Students are guided in practicing multiple mindfulness skills. Mindfulness has been shown to improve focus, strengthen self-control, reduce stress, and improve emotion regulation. Students, teachers, and caretakers can benefit from a consistent mindfulness practice.

We encourage you to take some time to discuss the content they have learned and use the questions below as a guide for reflection. Visit us at www.childmind.org.

- *What does mindfulness mean?*
- *Teach me a mindfulness activity that you learned.*
- *What daily activities can you do more mindfully?*
- *What are some things you want to do more of or less of when you’re stressed or upset? How can mindfulness help you with that goal?*