



MINDFULNESS

MINDFULNESS: is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

IMPROVEMENTS IN:

Attention
Self Control
Memory
Emotional Resilience
Immune Response
Learning

At RFC, we use the Hawn Foundation MindUp™ and Mindful Schools curriculum and practices, research based mindfulness training programs. In similar age-based small groups, these neuroscience programs teach children to self-regulate their behavior and mindfully engage in focused concentration. Students learn how their brains respond to stress and how to use mindful strategies to help them regulate those feelings and emotions when they are struggling. Each child will complete a pre- and post-assessment to validate improvement.

