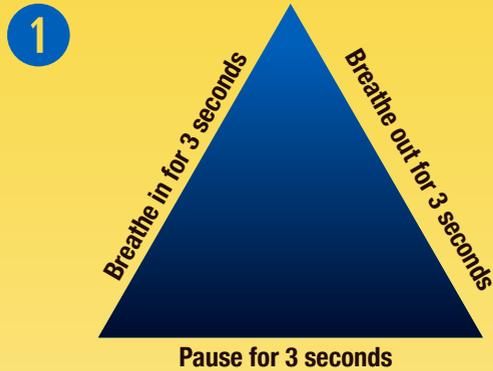


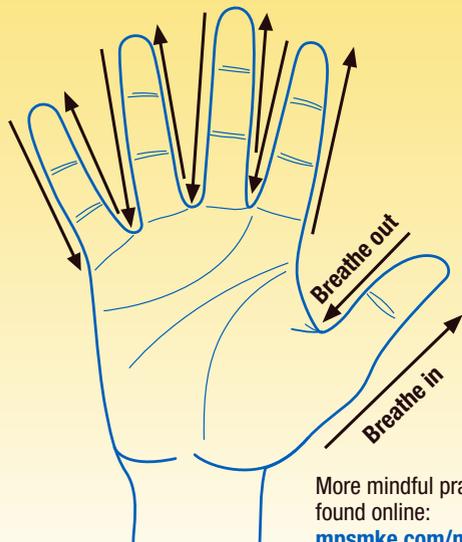
# Mindfulness Practices at Home



Below you will find two simple mindfulness practices you can use anytime, anywhere. You can use these as a way to increase your family's well-being.



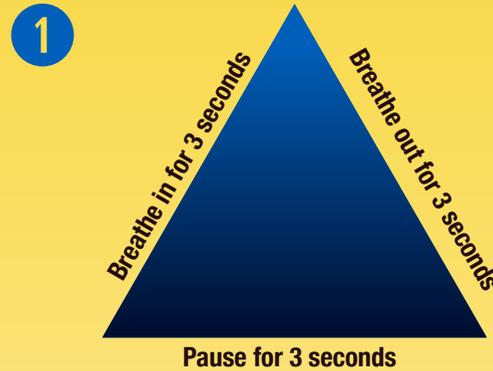
2 Take your pointer finger from your other hand and trace up and down each finger, breathing in while tracing up, and breathing out while tracing down.



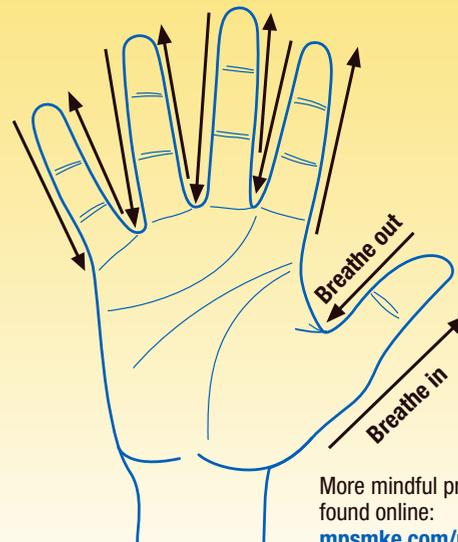
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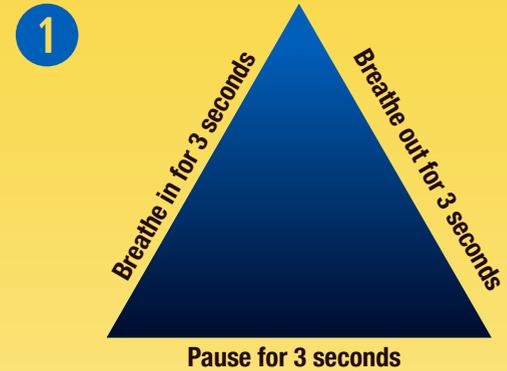
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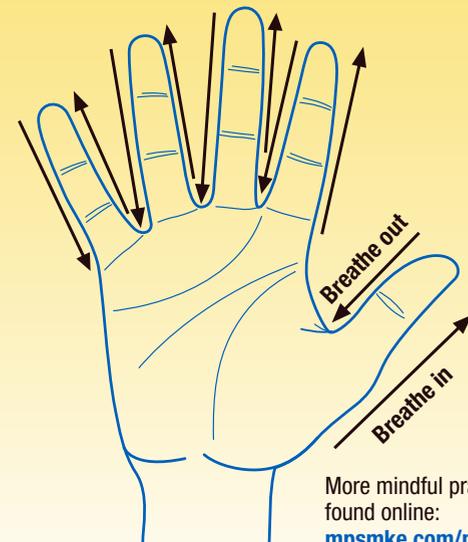
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# Mindfulness

Take a moment for yourself.  
Breathe in. Breathe out.



Dear Families,

Milwaukee Public Schools is excited to share that we will be helping students and staff across the district to develop habits to become more mindful. Mindfulness is easy to understand—it is the ability to be present in the moment and aware of where we are and what we are doing. The development of mindfulness, however, requires guidance and practice.

Mindfulness has many benefits for both children and adults. Becoming mindful helps with focus, managing stress, balancing emotions, and resolving conflict. Mindfulness techniques can be applied in or out of school.

Research shows that mindfulness has a positive impact in school. Students who learn to be mindful also experience

- ▶ improvements in test scores and grades;
- ▶ greater task completion, such as homework;
- ▶ lower stress;
- ▶ better sleep quality; and
- ▶ improved self-esteem.

In MPS, mindfulness will be promoted as part of our framework known as Positive Behavioral Interventions and Supports (PBIS). The use of mindfulness may look different in each school, classroom, or setting as teachers and staff choose techniques that are most appropriate for each group of children. Mindfulness has many options that are adapted to the needs of each learner.

We welcome you to learn more about mindfulness and to help your children practice what they learn. If you have any questions, please contact your child's teacher so we can all use mindfulness to increase our well-being.

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