



MINDFUL MINUTE NEWSLETTER

This school year, we will implement Youth Yoga Project's (YYP) Mindfulness Curriculum to support students' social-emotional learning. Throughout the school year, students will learn Mindful Tools (or practices) to help them manage their emotions and stress, allowing them to stay focused and learning-ready during the school day. Mindfulness means paying attention, on purpose, to the present moment. Research shows that mindfulness has positive benefits for students, teachers, and school culture.

In order to develop a toolbox of mindfulness strategies, students will learn simple breathing, mindful movement, and relaxation strategies that they can use at school and at home. YYP's Mindfulness Curriculum is organized into four units that teach state and national social-emotional learning standards. You will receive a letter introducing each unit and the Mindful Tools that will be taught in the unit. These units teach students:

1. **Self-Awareness:** How to notice their brain, body, and breath and how mindfulness impacts their brain, body, and breath.
2. **Self-Management:** How to use mindfulness to manage strong emotions, such as anxiety and stress.
3. **Social Awareness + Relationship Skills:** How to use mindfulness to notice and support peers and create community.
4. **Responsible Decision-Making:** How to use mindfulness to calm their emotional brain and access their thinking brain to make positive decisions for themselves and the community.

Each week, students will be introduced to a new Mindful Tool and will practice the tool throughout the school day. Be sure to ask your student what they are learning about each week. We look forward to supporting students' social-emotional health through mindfulness.

To find out more about the curriculum, visit Youth Yoga Project's website (www.youthyogaproject.net).