

COUNSELOR NEWSLETTER

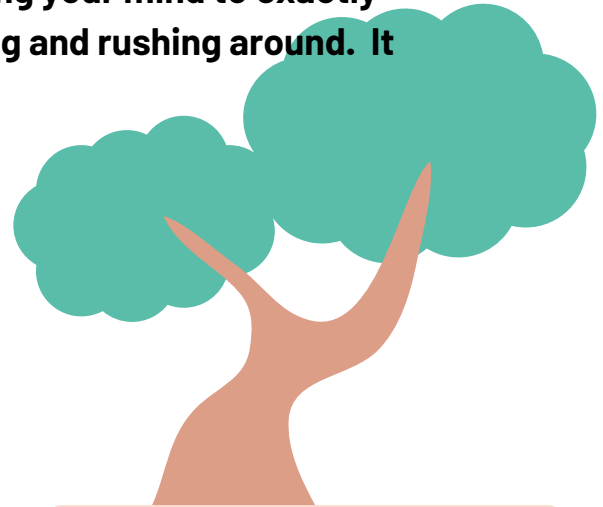
Cedar Hill Elementary



MINDFULNESS: A PRACTICE OF PRESENCE

Mindfulness is a practice of slowing down and bringing your mind to exactly what you are doing. It is the opposite of multi-tasking and rushing around. It has many positive physical and mental benefits:

- Become less distracted
- Lowers stress in the body
- Helps us listen better
- Keeps our focus better
- Can help keep us calm
- Can help regulate strong emotions



Mindfulness is a skill, so it must be practiced often and consistently in order to help us. Mindfulness is a great skill to help kids and adults! Below you will find some resources that can help you on your mindfulness journey!

MINDFULNESS WEBSITES

- [Kidshealth.org](https://kidshealth.org)
- [Mindfulness-NY Times](https://www.nytimes.com/section/mindfulness)
- [Mindfulness Apps for Kids](#)

MINDFULNESS VIDEO LINKS

- [Mindfulness Meditation](#)
- [What is Mindfulness?](#)
- [3 Minute Body Scan](#)

MINDFULNESS APPS



**Stop. Breathe.
Think.**



Calm



**Calming
Bottle**



**Three Good
Things**

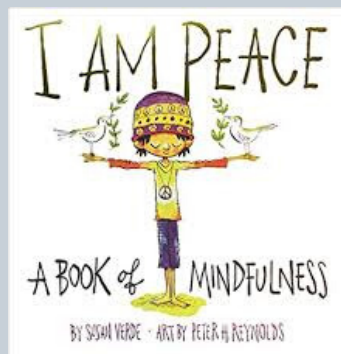




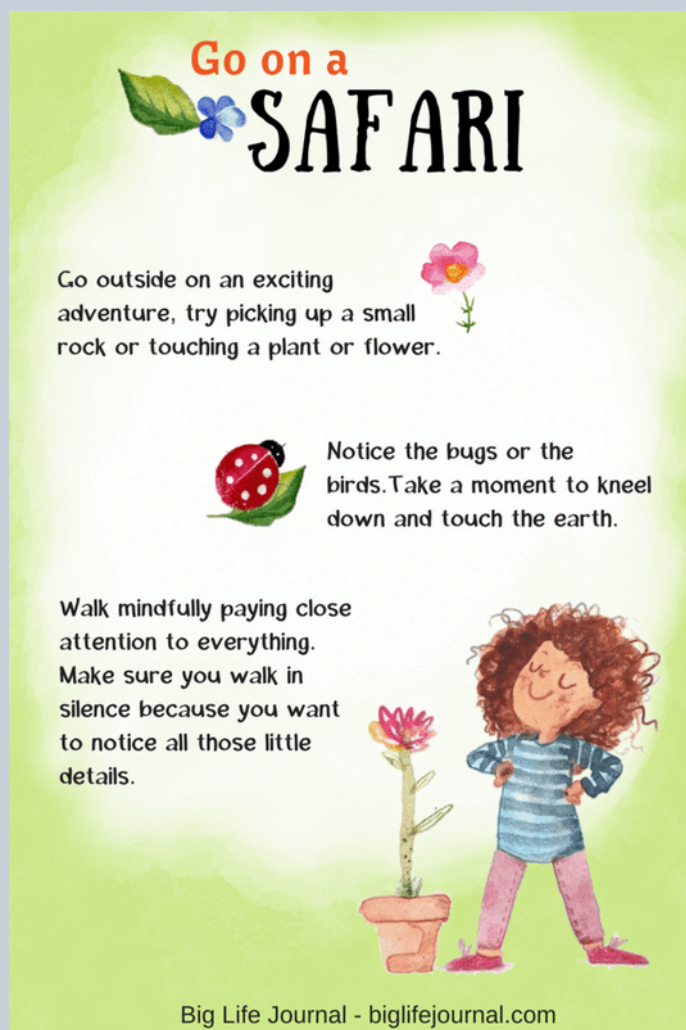
Book of the Week:

"I Am Peace: A Book of Mindfulness" by Susan Verde

Click the title for a link to the read-aloud!



Activity of the week:



Quote of the week:

*"Be where you are;
otherwise you will
miss your life."*

- BUDDHA

I am also available to schedule appointments via phone, Zoom, or Google Meet with parent consent.

COUNSELOR CONTACT INFORMATION

Email: jessica.engler@jcschools.us

Website: [Cedar Hill School Counselor](#)

Phone: (636) 789-1759

Available Mondays-Fridays

12PM-1:30PM