Mindfulness 2019-2020
Session Details

Morning Mindfulness - 3rd-5th Grade
This continuing course in the Nathanson-Swiger Chapel and Spiritual Center is open to beginning and intermediate students. Students experience specific ways of paying attention to their breath, body, thoughts, feelings, and surroundings. They learn that when they are able to observe their thoughts and feelings, they can choose what to say and how to respond. Through developing mindfulness, students are able to better understand themselves, the environment, and the needs and feelings of others. Mindfulness can increase attention and focus, while reducing stress, anxiety, and depression. It can promote a sense of calmness and self-acceptance. Students will also be gently encouraged to try practice exercises at home to deepen their experience.

In order to create an enriching, supportive, and effective learning environment, students enrolled in this course are expected to be punctual.

For more specific information about this class, please contact the instructor, Ms. Lonnie Ngo, at ngol@campbellhall.org.

Session 1 – Registration opens August 1, 2019
Fridays, 7:50–8:20am (6-week session)
September 13-October 18
Open to: Grades 3–6
Fees: None

Session 2 – Registration opens October 11, 2019
Fridays, 7:50–8:20am (8-week session)
November 8-February 7 (No class on November 15, 29, December 20, 27, January 3 and 17)
Open to: Grades 3–6
Fees: None