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.

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

Session 3 – Registration opens February 28, 2020
Fridays, 7:50–8:20am (7-week session)
April 17-May 29
Open to: Grades 3-6
Fees: None

Afternoon Mindfulness - 1st and 2nd Grade
This course in the Nathanson-Swiger Chapel and Spiritual Center is open to students in grades 1 and 2. Through interactive exercises, students will experience specific ways of paying attention to their breath, body, thoughts, feelings, and surroundings. Through developing mindfulness, students are able to better understand themselves, the environment, and the needs and feelings of others. Snacks will be provided or students are invited to bring their own. For more specific information about this class, please contact the instructor, Ms. Lonnie Ngo, at ngol@campbellhall.org.

Mondays, 2:45-3:45pm (5-week session)
April 13-May 18
Open to: Grade 1 (maximum of 12 students)
Fees: None

Thursdays, 2:45-3:45pm (6-week session)
April 16-May 28 (no class on April 30 and May 14)
Open to: Grade 2 (maximum of 12 students)
Fees: None
For more specific information about this class, please contact the instructor, Ms. Lonnie Ngo, at ngol@campbellhall.org.