

Mindfulness 2023-2024  
Session Details

Afternoon Mindfulness

Mindfulness is being present here and now. In this class, we practice this by paying attention to our thoughts, bodily sensations, emotions, and the external environment. We pay attention to these in a special way - with kindness and curiosity, and without judgment. Mindfulness gives us tools to meet life's challenges with care and compassion. Many students find that practicing mindfulness helps them to develop self-awareness, agency, freedom, and choice about how to respond to what they are experiencing internally, and externally as they interact with the world around them. Students will learn basic mindfulness practices and be encouraged to connect these practices to their daily lives. Through practice, they will be empowered in their capacity to gain greater self-awareness and self-regulation. Time will be provided during every class for direct experience in mindfulness. The classroom community is a safe space for students to share and explore their inner experience. While new students are learning these practices, returning students benefit from engaging in regular practice together within a community of supportive peers. Classes meet in the Nathanson-Swiger Chapel and Spiritual Center. For more specific information about this class, please contact the instructor, Ms. Lonnie Ngo, at [ngol@campbellhall.org](mailto:ngol@campbellhall.org).

Session 1

Grades 1-2 - September 22-December 8 (no class on November 10 and 24)  
Fridays, 1:30-2:30pm

Grades 3-4 - September 22-December 8 (no class on November 10 and 24)  
Fridays, 2:40-3:40pm

Grades 5-6 - September 21-December 7 (no class on November 9 and 23)  
Thursdays, 3:15-4:00pm

Session 2

Grades 1-2 - January 12-May 24 (no class on February 9, March 1, 22 and May 17)  
Fridays, 1:30-2:30pm

Grades 3-4 - January 12-May 24 (no class on February 9, March 1, 22 and May 17)  
Fridays, 2:40-3:40pm

Grades 5-6 - January 11-May 23 (no class on February 29)  
Thursdays, 3:15-4:00pm

Fees: None