

(Gr. 1–2) Mindfulness (Year-long)

In this calm and supportive class, students will learn to be present by paying attention to their thoughts, feelings, and surroundings with kindness and curiosity. Through simple mindfulness practices, they'll develop greater self-awareness, emotional regulation, and tools to respond to life's challenges with care and compassion. Each session includes guided practice, reflection, and time to connect as a community. Open to both new and returning students.

Fridays | 1:30-2:30 PM (20 classes)

September: 5,12,19,26

October: 3,10,17,24 (No class 10/31)

November: 14,21 (No class 7,28)

December: 5 (No class 12/12,12/19,12/26)

January: 9,16,23,30

February: No classes

March: No classes

April: 24 (No class 3,10,17)

May: 1,8,22,29 (No class 5/15)

Fee: None

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