

I have been invited to come into your child's classroom over the next few weeks to do workshops on Mindfulness.

What is Mindfulness?

Mindfulness is being aware and paying attention to our experience in a way that allows us to respond rather than react.

It is the quality of inner-stillness that is always available, even when our life circumstances feel out of control and chaotic. It is possible to be mindful/ aware/pay attention to everything in our experience including anything we experience through our five sense doors, as well as our thoughts and emotions.

How children can benefit?

- Better focus and concentration

- Increased sense of calm

- Decreased stress & anxiety

- Enhanced health

- Improved impulse control

- Increased self-awareness

- Skillful responses to difficult emotions

- Increased empathy and understanding of others

- Development of natural conflict resolution skills

I am very excited to have this opportunity. If you require further information or have questions, please feel free to send me an email.

Sincerely Marjolein Makowecki-Fuentes (breathe.pause.smile@gmail.com)