

# Planting Seeds of Well-Being

## Use Mindfulness to Be Present

Thursday, May 18  
7:00-8:30 p.m.

Sampson G.  
Smith School  
Auditorium

Join us for Mindfulness 101

Professional Development  
Credits Available

You can learn the skills of Mindfulness, which include paying attention, on purpose, in the current moment, non-judgmentally

Parents who practice mindfulness report being happier with their parenting skills and their relationship with their children, and their children were found to have better social skills.

Scientific evidence indicates that teaching mindfulness in the classroom reduces behavior problems and aggression among students, and improves their happiness levels and ability to pay attention. Teachers trained in mindfulness also show lower blood pressure, less negative emotion and symptoms of depression, and

Get an overview of the benefits, the research, the neuroscience and participate in basic formal and informal practices; see the connection between Mindfulness & Social and Emotional Learning.