



ACHIEVING “MINDFULNESS” PILOT PROGRAM

Mindfulness is a way of paying attention to, and seeing clearly whatever is happening in our lives. It will not eliminate life's pressures, but it can help us respond to them in a calmer manner that benefits our heart, head, and body. It helps us recognize and step away from habitual, often unconscious emotional and physiological reactions to everyday events. It provides us with a scientifically researched approach to cultivating clarity, insight, and understanding. Practicing mindfulness allows us to be fully present in our life and work, and improve our quality of life. Mindfulness is practiced in many schools and communities throughout the world.

The pilot program is open to 3rd, 4th, and 5th graders only and is limited to 12 participants. The program is free but participation requirements must be met.

The goal of the project is to increase positive behaviors. Specific objectives are:

1. Increase on-task time in structured and unstructured learning environments
2. Improve focus and attention
3. Decrease unconscious emotional reactions in daily events

Achieving Mindfulness is a 6-week program with two 45-minute sessions per week from October 18 through December 12. Orientation will be held on Saturday, October 10 from 1:00-2:30 PM at the North Bryan New Birth Baptist Church to provide additional information and answer questions.

Requirements to Participate

- Elementary student currently in Grades 3, 4 or 5
- Proof of diagnosis of ADHD by a mental health professional

Advance registration is required.

To register, call Ruby Stevens-Morgan at 859-299-5014.

Deadline to Register: Friday, October 9th at 5:00 PM