



## Parent Mindfulness 101

*Let's make the transition back  
to school a smooth one!*

Students are heading back to school, work schedules are getting figured out, and daily routines might start looking a little different. The transition to distance learning may have been a bumpy one, so let's make the transition to Hybrid a mindful one.

We would like to give you a brief introduction to incorporating mindfulness into your daily routine to increase your self-care. Breathing techniques, body awareness, gratitude, etc.

If you are interested the sessions would be held from 2:00 – 3:00 PM on:

1. 4/20/21: Introduction to Mindfulness and Overview of Sessions
2. 4/27/21: Let's Practice: Mindfulness and Breath Awareness
3. 5/4/21: Dig a Little Deeper: Body Awareness and Awareness of Our Thoughts and Feelings
4. 5/11/21: Wrapping it Up! Daily Activities, Gratitude, and Body Scanning

Below is the link to sign up:

<https://forms.gle/xUYyepbmGkrmFr4L6>