

MINDFULNESS CLUB



Mindfulness means paying attention to what is happening right now with kindness and curiosity. Mindfulness helps us to become happier, healthier, more compassionate and focused. It is also thinking about how our body feels right now. We would like our body to match our activity, but sometimes it does not and that is when we need to take a minute or so to figure out how we get our body and mind into a place where we can learn and participate.

Mindfulness Club will start Tuesday morning October 25 at 7:00 a.m. We will meet every Tuesday and Thursday morning at 7:00 a.m. We will practice Mindfulness for 15 minutes. Students will be dismissed at 7:15 to the cafeteria. Mindfulness Club is for all Nock students.

My child _____ has my permission to attend the Nock Middle Mindfulness Club. I understand that it meets on Tuesday and Thursday mornings at 7:00 a.m. I also understand that my child is under the supervision of Mrs. Krusemark & Ms. Sokolowski while attending and will be dismissed at 7:15 a.m. to the cafeteria.

parent or guardian signature for approval

Date