

Mindfulness Matters at HMS!



Research shows that...

- o students who use mindfulness before an exam perform better than students who do not
- o mindfulness helps improve performance on standardized tests
- o mindfulness can improve concentration
- o mindfulness can help with anxiety, stress, and depression by improving self-regulation

This School Year at Hammarskjold...

- o students will be introduced to the concept of mindfulness and its benefits relative to academic, social, and emotional success
- o periodic brief exercises on the morning announcements will bring awareness and focus to the tasks of the school day
- o staff will reinforce the concept of mindfulness in the classroom by prompting students to be mindful of their tasks, surroundings, and materials

What can you do?

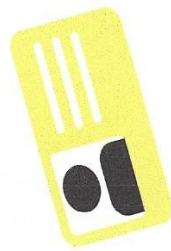
- o Encourage your child to use techniques taught to re-focus on the present moment
- o Ask your child about what he/she has learned about mindfulness
- o Use the Own Your Success checklists that were sent home and available on the virtual backpack to guide your child's academic, social, and emotional growth.
- o Practice with them!

Contact the Student Services Office at 732.613.6845 with any questions related to Mindfulness at HMS ☺

Hammarskjold students own their success...

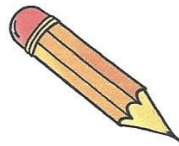
The Materials

Packed?



- School ID

- Agenda



- Pencils/pens/highlighters

- Binders/notebooks/packets



- Homework
