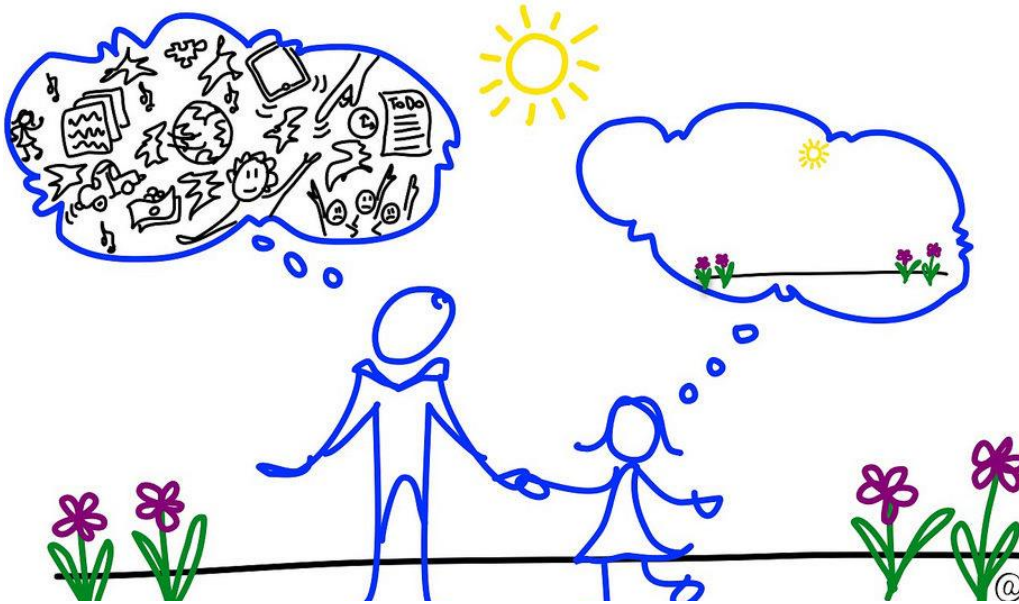


# Mind Full, or Mindful?



March  
2021

PLEASE CONTACT US WITH ANY QUESTIONS,  
COMMENTS, OR CONCERNS

## Students K-5:

Mindfulness helps your body calm down. Try these mindfulness activities and see how good you feel!

<https://youtu.be/fmWYD6aHLhg>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:b06cb570-1c77-493d-a9ef-f1f0cd92c206>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:75c71fcd-0d75-442c-88f1-9a04c0033827>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:58cae2f3-531f-42a0-9531-8a16a6c4dd75>

## Students 6-8:

There are many exercises that you can do anytime to practice mindfulness. Use the resources below and see the benefits!

<https://www.youtube.com/watch?v=GgBVIZAEQgU>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:ff984a6a-2544-4892-a7af-d46c9000472a>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:34e4eaf6-87a3-44a9-b9ac-1e4c998841d4>

## Students 9-12:

There are so many benefits of practicing mindfulness, including becoming more aware of your thoughts and emotions.

<https://www.youtube.com/watch?v=QTsUEOUaWpY>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:7e2e3691-0667-46ba-8480-d4350bf43973>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:34e4eaf6-87a3-44a9-b9ac-1e4c998841d4>

## Families and Staff:

Practicing mindfulness can help increase your mental health! Use the resources below to practice mindfulness!

<https://www.youtube.com/watch?v=7-1Y6lbAxdM>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:11feb251-0bd8-4758-b960-53f504077037>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:34e4eaf6-87a3-44a9-b9ac-1e4c998841d4>

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