



# Zen Totz!

Quarter 3

Grades K - 4



**Join Mrs. Blackwood after school to promote mindfulness! During our journey together, we will focus on mindful breathing, mindful eating, mindful walking, non-judgment/ self-acceptance, grounding, patience, letting go, gratitude, and more!**

- Current research suggests that mindfulness practices in schools result in reductions in behavior problems & aggression, as well as increased happiness & ability to pay attention.
- Mindfulness helps students block out distractions & improve memory skills.
- On an individual level, mindfulness can increase positive emotions, while reducing stress.

Tuesdays or Thursdays 8 weeks	3:30-4:30
Starting 1/30 or 2/1	Ending 4/3 or 4/5
\$120 per Quarter \$200 for Q3 and Q4 <i>All materials provided check, cash, or PayPal please</i>	Contact: <a href="mailto:jblackwood@oldtownacademy.org">jblackwood@oldtownacademy.org</a> <i>Please make checks payable to Jenny Blackwood. Paypal: 410-409-8666 Thank you!</i>

