

# COUNSELOR NEWSLETTER

Cedar Hill Elementary



## MINDFULNESS: A PRACTICE OF PRESENCE

**Mindfulness is a practice of slowing down and bringing your mind to exactly what you are doing. It is the opposite of multi-tasking and rushing around. It has many positive physical and mental benefits:**

- **Become less distracted**
- **Lowers stress in the body**
- **Helps us listen better**
- **Keeps our focus better**
- **Can help keep us calm**
- **Can help regulate strong emotions**



**Mindfulness is a skill, so it must be practiced often and consistently in order to help us. Mindfulness is a great skill to help kids and adults! Below you will find some resources that can help you on your mindfulness journey!**

### MINDFULNESS WEBSITES

- **[Kidshealth.org](#)**
- **[Mindfulness-NY Times](#)**
- **[Mindfulness Apps for Kids](#)**

### MINDFULNESS VIDEO LINKS

- **[Mindfulness Meditation](#)**
- **[What is Mindfulness?](#)**
- **[3 Minute Body Scan](#)**

### MINDFULNESS APPS



**Stop. Breathe.  
Think.**



**Calm**



**Calming  
Bottle**



**Three Good  
Things**

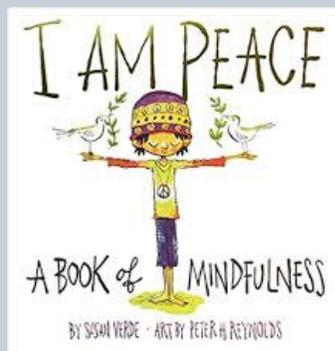




## Book of the Week:

"I Am Peace: A Book of Mindfulness" by Susan Verde

Click the title for a link to the read-aloud!



## Activity of the week:

**Go on a SAFARI**

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.

Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

An illustration for the activity showing a ladybug, a pink flower, and a girl with curly hair standing next to a potted plant.

## Quote of the week:

*"Be where you are; otherwise you will miss your life."*

- BUDDHA

I am also available to schedule appointments via phone, Zoom, or Google Meet with parent consent.

## COUNSELOR CONTACT INFORMATION

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