

All Ages Every School Mindfulness Class



FREE GLOBAL EVENT SATURDAY, FEBRUARY 27
11-12:30 PST | 12-1:30 MST | 1-2:30 CST | 2-3:30 EST

COSEM is connecting school stakeholders for a fun annual event to commit together to the small step of a daily mindfulness practice to create the big impact of life-long social and emotional well-being.

This family-oriented free event will include:

- Mindfulness practices with Laurie Crossman of Inner Explorer
- Yoga with Ross Robinson of Holistic Life Foundation and Bridging Academics and the Mind
- Guidance on creating and using mindful spaces in your home/classroom by school psychologist Cara Feeny
- Journalling activity with Shannon Cox and Amanda Deeter, Montgomery County Educational Service Center
- Mindful listening and relaxation to a lullaby by singer-songwriter and mindfulness advocate Jewel
- Resources for increasing resilience, happiness skills, and social-emotional learning (SEL) competencies

Together let's make this the biggest mindfulness class ever!!



EducatingMindfully.org

In conjunction with the 3rd Annual Educating Mindfully Conference

This activity is not sponsored by Community Consolidated School District 59, any of its schools, or groups officially associated with the District.