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enjoy the sensation  
and pleasure of a  
simple sip of hot  
coffee. ... Practicing  
mindfulness helps ...

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The Research on  
Mindfulness in  
Schools. While the  
implementation of

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school-based  
mindfulness  
programs for  
children in grades K  
through 12—such as  
Inner Resilience,  
Mindful Schools,  
Learning to Breathe,  
and MindUp to name  
just a few—is  
becoming more  
popular, empirical  
research proving the  
benefits of

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mindfulness is only  
beginning to emerge  
and more rigorous  
research will be  
needed over the ...

[Bringing  
Mindfulness into  
Schools - Mindful](#)

What Is  
Mindfulness?  
Mindfulness means  
paying full attention

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to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness



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happens naturally  
sometimes.

[Mindfulness \(for Kids\) - Nemours KidsHealth](#)

Breathe For Change offers trainings and professional development on yoga, social-emotional learning, and mindfulness for

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educators, schools,  
and families. Our  
digital trainings  
empower educators  
to lead with their  
own well-being at  
the center and  
certifies them to  
share the same  
practices and  
resources with the  
communities.

[Breathe For Change](#)

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Mindfulness is the mental muscle that allows us to “downshift” from a high mental gear like problem-solving and thinking into a lower mental gear like observing and simply being aware of the present moment. Most of us spend our whole

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lives learning to  
think, to “upshift”  
our minds into a  
high mental gear.  
While this ability is  
useful a ...

[How to Start a  
Mindfulness  
Practice: A Quick  
Guide for ...](#)

Before I taught  
scores of body scan

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meditations, I too  
had to learn it for  
the first time. And

my first reaction

was: no, thank you!

This is what

happened: The

woman at the front  
of the room is

saying that over the

next eight weeks we

would be "learning

to reconnect to our

bodies by doing a

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number of body  
scans."

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