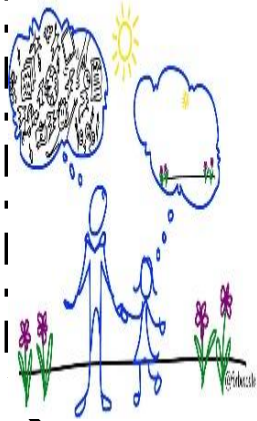




P596X Wellness News November Edition

What's Happening@ P596X?

Mind Full, or Mindful?



Prioritizing wellness and its link to student success
Increasing our schools' capacity to provide quality mindfulness practices that are scientifically researched, evidence-based, and culturally responsive.
Supporting our school community's mental health, attendance, and enrichment.
Extending learning beyond the four walls of the classroom to feed the souls of our children.

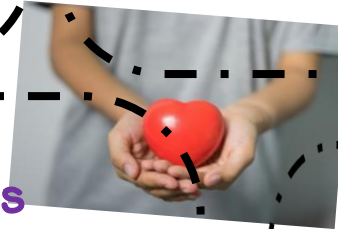
This MONTH EXERCISE CHALLENGE



Mental Push-Ups

Studies have shown that practicing breathing exercises and mindfulness can lead to better mental health and positive emotions, and alleviate stress and depression.
Breathing exercises also allow you to think more clearly and reduce feelings of anxiety.

A Peek At Last Month's October Wellness Activities



Whole Body LISTENING



EYES
Looking at person talking



FEET
Quiet on the floor



EARS
Both ears ready to hear



BODY
Facing the speaker



MOUTH
Quiet (no talking, humming or making sounds)



BRAIN
Thinking about what is being said



HANDS
Quiet in lap, pockets or by side



HEART
Caring about what the person is saying

Your student has been busy practicing Full Body Listening.

What is full body listening?
Whole body listening is giving different parts of your body a specific job so that you are completely focused in on what is being said. It means using parts of your body that the speaker can see, such as the ears, eyes, body, mouth, and hands as well as those the speaker cannot see, like the brain and heart

Wellness Food for Thought

*Breathe
To Pause
To make space
To collect your thoughts
To choose
To remember
to face the next moment*

~ Unknown ~

Upcoming Wellness Activities

!November thru December 596x will be practicing
Gratefulness and Thankfulness
Book: Thank You OMU