



# P596X Wellness News What's Happening@ P596X

## JUNE is Mindful Movement



### What is Mindful Movement?

The principles of mindful movement are the same as any other mindfulness practice. We aim to bring our full attention to the present moment to experience the here and now. We bring our awareness to our movement and focus on our breath or the way our body feels as it moves.

## A Look back to May Nutrition

Mindful eating is a practice that helps children develop a deeper connection with food and begin to create lifelong, healthy habits. It encourages children to focus on the present - noticing, thoughts, feelings and physical sensations. Using all of your physical and emotional senses to experience and enjoy the food choices you make. This helps to increase gratitude for food, which can improve the overall eating experience.



**You Are What You Eat  
Make Healthy Choices**

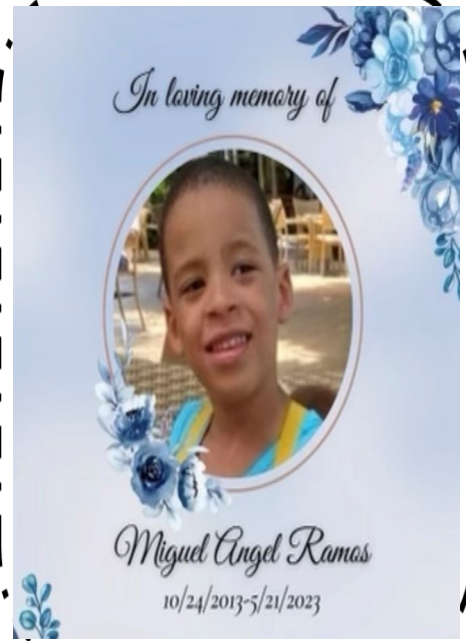
## A Look back to April The 5 Senses

The five human senses are sight, hearing, smell, taste, and touch. The body receives signals through the sense organs (the eyes, ears, nose, tongue, and skin). These organs have special nerves that send signals to the brain.



**Food for thought  
Your body hears everything  
your mind says.**

**-Naomi Judd-  
Your body holds deep  
wisdom. Trust in it. Learn  
from it. Nourish it. Watch  
your life transform and be  
healthy.  
-Bella Bleu-**



Your Students have been busy watching videos and engaged in fun activities.

**In Remembrance of Miguel Ramos**