

STUDENT QUOTES ABOUT MINDFULNESS:

Mindfulness helps me when I don't feel confident or when I feel nervous.

I like about the mindfulness is the breathing and the thinking about yourself.



It calms me down.

Me ayuda concentrar.

It really helps me because it helps me fall asleep at night and before I could not fall asleep easily. It also helps me when I'm scared.

---When we do the singing bowl and the stretching it helps me relax when I'm mad, sad or upset.---

Me hace relajar y lo hago en casa para ayudarme a dormir.

I do mindfulness when I get mad at family members or friends. I also love the heartfulness.

I like that we can take a time to think of how we feel and that if we are mad we can use this time to calm down.

What I like about mindfulness is that we get a time for us to just relax our brains from all of the stuff that we have to think about in class.

It makes me feel calm, nice, and it is really fun. I enjoy mindfulness because when you participate it is really good.

Me gusta el silencio porque en el almuerzo hay mucho ruido.

What I like about mindfulness is breathing in and breathing out and it makes me calm.



I like when we send messages to our loved ones through our heart. And when we stretch I feel better and relaxed.

I really like the singing bowl because it is so quiet in the room and all of a sudden a beautiful song echoes in the room.

I like the fact that it gives me a chance to get calm and I have so much going on so I really need to get calm in my day.

Me gusta que podamos relajarnos y no estar preocupados por un rato.