

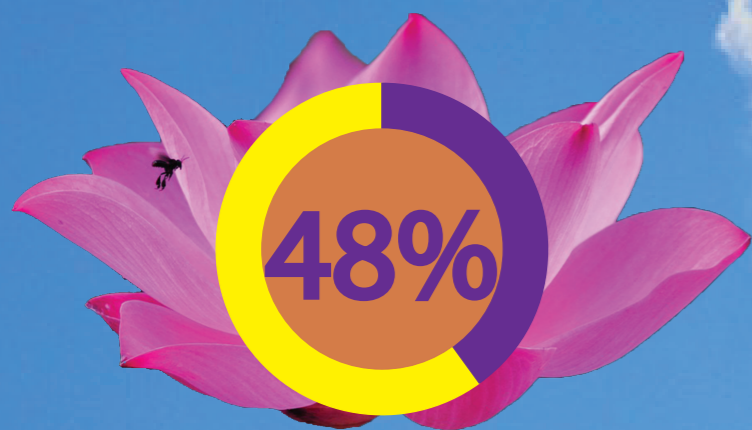
Mindfulness

is the art of staying in the moment
and accepting what is. Because it is already here.

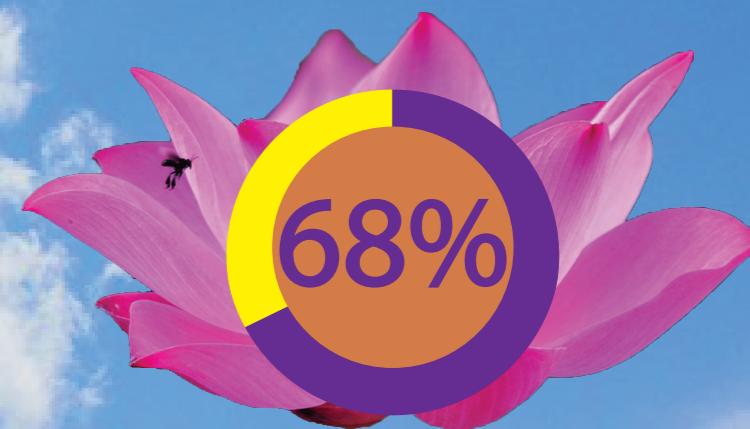
Data was taken from a study done by Mindful Schools in a 7th grade class at Marin Middle School in San Francisco, California



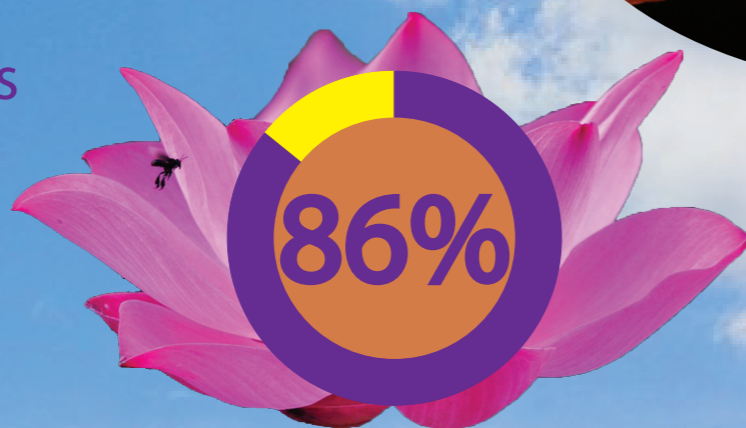
Calmed down
more easily when upset



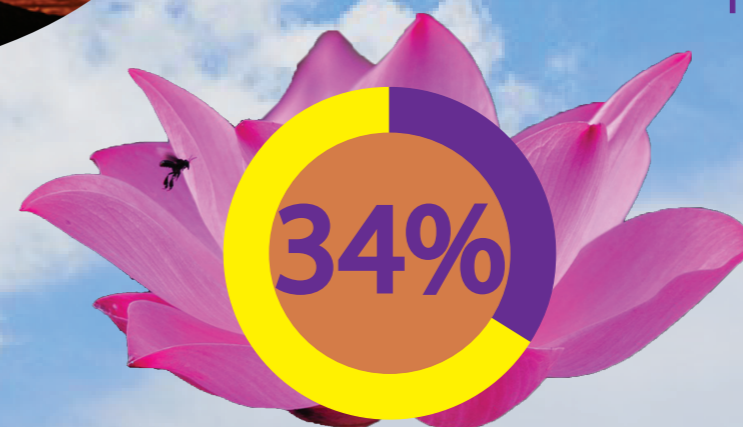
Used it to
avoid arguments



Focused better
in class



Said more kids
should learn mindfulness



Said it raised
their grades

Mindfulness quote: <http://bit.ly/2tTwH91>

Clouds image found 7/5/17 from <http://bit.ly/2sTzjj5>

Lotus flower found 7/5/17 from <http://bit.ly/2tPsC5X>

Meditation Image found 7/4/2017 from <http://bit.ly/2to8N4U>

Statistics from Mindful Schools website: <http://bit.ly/1Oir6N9>



Links to Mindfulness
Curriculums and Apps

Created by: Drew Missureli