





Research demonstrates that mindfulness training for children and teens:

 **Increase Attention & Focus**
Resulting in higher academic achievement

 **Increase Impulse control**
Increasing teaching time in the classroom

 **Develops Emotional Regulation**
Teaching children to “respond” rather than “react”

 **Reduce Stress & Anxiety**
Allowing kids to learn more and perform better

 **Builds Empathy & Compassion**
Cultivating greater understanding of cultural, religious and sexual diversity as well as reducing cruelty, bullying, violence and, hence safer and happier schools

