DATE

Dear SCHOOL NAME students,

**Welcome to mindfulness and meditation**

SCHOOL NAME is always working to bring you the best possible support. We have decided to start a new program to support your focus, emotions and readiness to learn, this is called mindfulness. Throughout the day we will take part in different mindfulness and meditation activities to help you relax, focus and learn more about yourselves.

[**What is mindfulness?**](https://www.youtube.com/watch?v=UtzRcpKrg4M)

Mindfulness is the mental skill of attention and how we choose to use our attention. When we get better at managing attention, we can use our attention to focus on schoolwork, meaningful experiences, and self-regulating unhelpful thoughts and emotional over reactions, like losing our temper.

[**What is meditation?**](https://www.youtube.com/watch?v=lmWfmWwcTNE)

Meditation is the active practice of learning to calm and train attention. Meditation can be practised in a variety of ways suitable for teachers and students. Meditation is an important skill for both adults and children because it teaches better self-regulation. Meditation leads to mindfulness.

[**Who are Mindful Meditation Australia?**](https://www.mindfulmeditationaustralia.org.au/)

MMA is a not-for-profit organisation focused on helping improve the mental, emotional and physical wellbeing of all, through evidence-based programs and courses.

***The proven benefits from participating in meditation include decreased:***

* Anxiety
* Stress
* Depression
* Exhaustion
* Irritability

***Studies also show:***

* Memory improves;
* Reaction times become faster
* Mental and physical stamina increase

*For academic citations,* [*please visit MMA’s online hub.*](https://www.mindfulmeditationaustralia.org.au/online-hub/hub)

Together we are working to become a more mindful school, we hope you enjoy this new tool that you can take with you everywhere you go.

**Here are some tips to get started:**

* Download Headspace or Waking Up and complete the free 10 day challenge
* Practice “walking meditations” where you leave your phone at home, and tune in to the sounds and sensations around you
* When you are feeling overwhelmed by emotions, focus on taking a few deep breaths

[Mindful Meditation Australia and Gwynne Park Primary](https://www.youtube.com/watch?v=k1aFgarKzxw&t=2s)

*Warm regards,*

YOUR NAME