PART OF THE I'VE GOT YOUR BACK INITIATIVE

Mindful Moments

As we continuously look for ways to support the well-being, focus, and success of our students, we are thrilled to introduce a new district-wide initiative starting this month.

What is it?

The 5-Minute Mindful Year is a collective program designed to bring micro-moments of calm, focus, and emotional resilience into our busy days. Every member of our school community—educators, staff, and students—will dedicate just **five minutes a day** to practicing a single mindfulness theme each month.

Why 5 Minutes?

We know that some days are incredibly fast-paced. Research shows that consistent, short pauses are highly effective for resetting the nervous system, reducing stress, and expanding focus. By committing to just five minutes, we can easily weave these practices into regular transitions and daily routines with minimal disruption to your time.

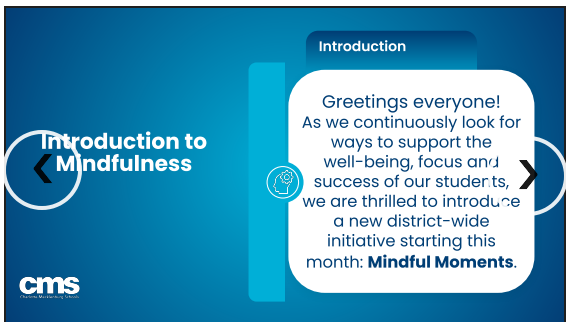
Mindful Moments will be published monthly. Follow us on social media for future publications

Research Reference: *Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. Clinical Psychology Review, 31(6), 1041–1056.*

Absent? Let us know.(https://www.cmsk12.org/families/attendance/absent)

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4-2-4 Breathing for Centering & Regulation



Having trouble viewing? **Open 4-2-4 Breathing slides in full presentation mode (https://docs.google.com/presentation/d/1aGUkeDnZz_ISOWR9qouvWHYwyjqOUacqxDO74DYQ9WU/edit?usp=sharing)**.

Contact Us

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