

Ms. Milani will be available during regular school hours, Monday-Friday 8:20 AM - 3:30 PM, by phone: (702) 608-2071.

Parent/student resource for supporting children who are worried about the coronavirus:

https://drive.google.com/file/d/1jzlxNKxYaNfg1DQ_78GLwovjmDyomzKY/view

During this time of unknowns and unstructure, kids can take a break by practicing mindfulness and controlling their emotions.

What is Mindfulness?

Mindfulness is slowing down and really paying attention to what is going on around you and noticing how your mind and body are feeling.

Why is Mindfulness important?

Being mindful can help students: pay attention better, learn more, stay calm under stress, avoid getting too upset about things, slow down, listen better, be more patient, and get along with others better.

You need to practice mindfulness to get good at it. The more you practice, the better you will get!

These websites/apps can help students practice mindfulness:

- **Cosmic Yoga** can be accessed online through the website, through youtube, or as an app. Cosmic Yoga has videos ranging from under 10 minutes to over 15 minutes that guide students through yoga poses and meditation to help relax and calm their emotions. Try it with your kids!

<https://www.cosmickids.com/>

- **Mindful Powers** is an app that builds social-emotional learning through the power of play and will help students develop good habits with staying focused. This app helps children in early and middle childhood build a healthier relationship with life, stress, and anxiety. Mindful Powers is designed to let kids take control of complex, and often scary, emotions. (**The app is free**, after three mini lessons it will ask a parent to click "buy pack" to unlock the rest of the lessons but it remains free, the cost comes up as \$0.00)

<https://mindfulpowersforkids.com/>