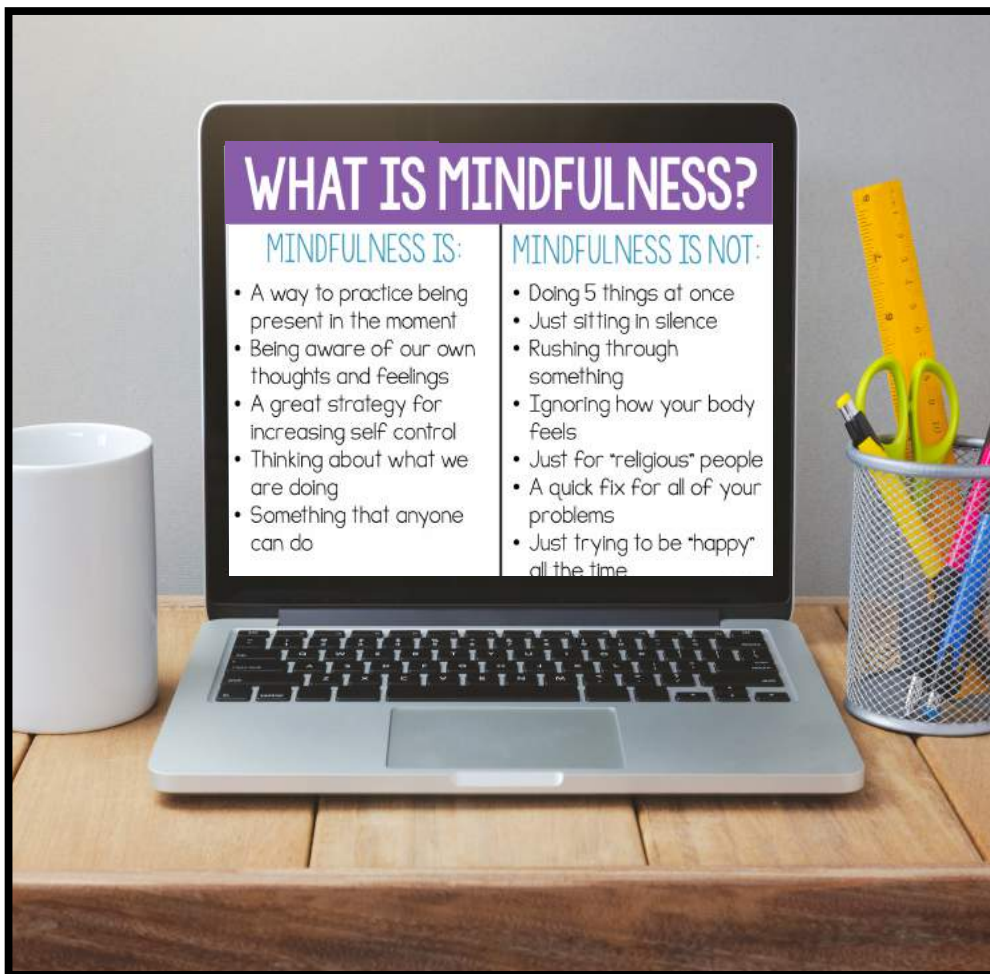


# Engage parents and families in social emotional learning with a family mindfulness night!



This resource will help you plan and implement a night of fun for your students and their families as they learn about the important topic of mindfulness. All of the text in this resource is **editable** to best meet your needs!

# Includes a brief PowerPoint presentation to introduce the concept of mindfulness!

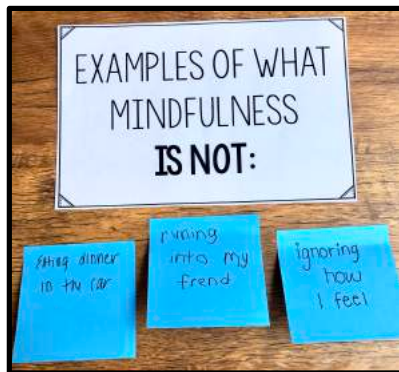
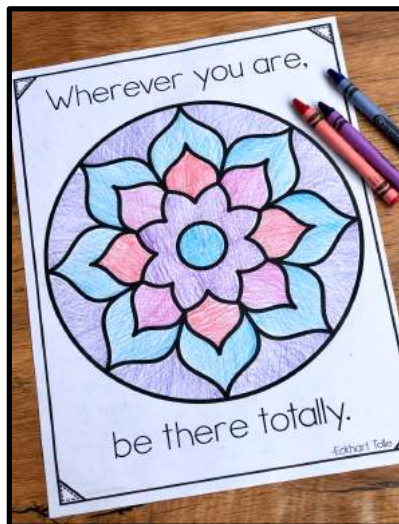


Use this presentation to begin your family night. It includes information on:

- What mindfulness is
- The benefits of mindfulness
- Ways to practice mindfulness
- Books to help students and parents learn more



# Includes 6 stations for families to travel through together as they learn about and practice mindfulness.



Includes the following stations:

- Mindful Eating
- Mindful Coloring
- Feather Breathing
- What Is Mindfulness?
- Feelings Check In
- Mindfulness Challenge Cards

Each station includes a sign, direction sheet, and necessary pages. Please note that some stations require additional materials such as a snack, feathers, and writing/coloring utensils.



# Includes other forms and materials to help your night run smoothly!



- A list of parent night tips & tricks
- A flyer
- A sign in sheet
- A sheet for parents to take notes on
- A materials checklist
- A passport for families to use as they travel through the stations