Please fill in the gaps on this press release and send it out to your local media before May 10th. Please remember to send any links with press coverage to mindfulmoment@classdojo.com so we can feature you!

**X SCHOOL TO BE PART OF THE WORLD’S LARGEST MINDFUL MOMENT**

**X SCHOOL** will take part in the World’s Largest Mindful Moment on Friday, May 10th. Starting at 11am local time in Australia and finishing 20 hours later at 11am in Hawaii, children in 180 countries will take part in the first-ever, global mindfulness lesson.

The event is organized by ClassDojo, the world’s most-widely used communication app for primary schools.

- **WHAT:** On Friday, May 10th at 11:00am local time, millions of children in 180 countries will participate in the World’s Largest Mindful Moment.
- **WHO:** ClassDojo is working with the Yale Center for Emotional Intelligence and Beyond Shame, Beyond Stigma, to create the first-ever, global mindfulness lesson.
- **WHEN:** Friday, May 10th at 11:00am.
- **WHERE:** X SCHOOL
- **WHY:** Studies show that just a few minutes of mindfulness a day reduces anxiety, increases empathy for others, and benefits learning. These lessons are a simple way for children everywhere to learn mindfulness in school and at home.

For more information please visit www.classdojo.com/mindfulmoment.

**CONTACT**

INSERT YOUR NAME, PHONE NUMBER, AND EMAIL ADDRESS