Join Me on May 10th for a Moment of Mindfulness 🧘

On May 10th at 11am, my class will be taking 15 minutes to join The World’s Largest Mindful Moment hosted by ClassDojo

What is it?
ClassDojo is debuting an all-new, six part series on Mindfulness. The 15 minute audio lessons can be played in class and will help students focus, handle powerful emotions, and become the amazing classroom citizens we know they can be 🌟

How can you join?
At 11am on May 10th, go to https://www.classdojo.com/mindfulmoment/ and play the first lesson! The week after a new lesson will be released every day - for six lessons in total 😊

Why is mindfulness important?
Just a few minutes of mindfulness a day reduces children’s anxiety levels, increases their ability to feel empathy for others, and benefits their learning.

Of 2,500 teachers ClassDojo interviewed...

70% said mindfulness helped make their students calmer
50% said mindfulness decreased student anxiety
50% said mindfulness made students happier!

Let’s get our whole school involved!

Heart Yale Center for Emotional Intelligence ❤️

Learn more at classdojo.com/mindfulmoment
Join me in The World's Largest Mindful Moment!

At 11am on May 10th, join me and millions of classrooms around the globe in 15 minutes of mindfulness!

Count me in!

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ClassDojo and the Yale Center for Emotional Intelligence have created a new series on mindfulness that will help your students focus, handle powerful emotions, and become amazing classroom citizens ✨

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Name

Class