“When I was a boy and I would see scary things in the news, my mother would say to me, look for the helpers. You will always find people who are helping.”
- Fred Rogers
DISCONNECT
Take a break from reading, watching or listening to news stories including those on social media.

MOVE
Take a walk. Plant a garden. Do a virtual work out class. Stretch. Meditate. Do activities that you enjoy.

SELF CARE

STAY IN TOUCH
Share your concerns and how you are feeling with friends or family members. Maintain healthy relationships, and build a strong support system. Seek help from a doctor, clergy person or counselor. Remember to continue to practice social distancing.
What Is Mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness happens naturally sometimes. Let's say you're getting ready to take a foul shot in basketball. You carefully position your feet at the line. You look up at the hoop and feel the ball in your hands. Taking your time, you bounce the ball a couple of times. You tune out all the other sounds and take your shot. Swoosh — yes! Nicely done.

That calm focus, that way of paying attention to what you're doing, taking your time, taking it easy — that's you being mindful! And being mindful just helped you take your best shot.

Why Do People Need Mindfulness?

Being mindful helps you:
- pay attention better
- be less distractible
- learn more
- stay calm under stress
- avoid getting too upset about things
- slow down instead of rush
- listen better to others
- be more patient
- get along better
- feel happier and enjoy things more

If this sounds like a superpower, it is! Being mindful helps people in just about every part of life. Learning how to be mindful when you're young gives you a chance to get really good at it and use it always.
How Does Mindfulness Work?

You need to practice mindfulness to get good at it. Training the mind takes practice. The more you practice, the better you get.

If you practice mindfulness exercises (click this link), being mindful can come naturally when you need it in your everyday life. This can help when you're stressed, when you have to do something difficult, or when you have to focus your attention. It's a lot like learning to play the piano. Each time you practice, you're training yourself to play a little bit better.

When you practice mindfulness, you're training your attention. Research shows that practicing mindfulness can improve attention for just about everybody — including people with ADHD, or who think they have trouble paying attention.

How Do I Get Started?

Anyone can practice mindfulness. It's easy to do, and it just takes a few minutes a day.

Here are the basic steps:
Sit in a relaxed, comfortable position. Pick something to focus your attention on, like a word you repeat in your head or your breathing.

Let's say you decided to focus on your breathing. Breathe normally while you simply pay attention to your breath. If you want, you can close your eyes. As you breathe in and out, just notice each breath. Pay attention in an easy way — on purpose, but not forced.

Notice when your mind wanders away from paying attention to your breath. Maybe you start thinking about what's for lunch, or whether you remembered to bring your soccer gear, or that funny joke someone told at recess. That's your mind wandering and getting distracted. It's natural, minds do that all the time!

Whenever you notice your attention has wandered, gently remind yourself to pay attention to breathing again. That's how you train your attention.

Keep breathing, keep relaxing, and keep paying easy attention to your breathing.

Can you feel the place where the air tickles your nostrils?
Do you notice how the breath gently moves your body?
Can you pay attention to your belly or your chest moving as you breathe?

Keep bringing your attention back to the breathing every time your mind wanders. Try to do this for 5 minutes.

That's it! There are lots of other ways to practice mindfulness, like eating mindfully or even mindful walking. Try picking different things to focus on to help you practice training your attention.

There is always someone who can help. Reach out to a parent, older sibling, teacher, or school social worker. Dearborn Public Schools offers a Social emotional hotline you can contact at 313-827-8500 or dss@dearbornschools.org
Follow along to see what the students have been up to…

Nicole’s Quote of the Week:

“You can achieve anything if you work hard enough.”

Favorite thing to do during the quarantine? My favorite thing to do while staying safe at home is watching Netflix.

What are you binge watching? I have been binge-watching Fuller house and Ann with an E.

What are you listening to? My favorite song is Divine by Alex aster.

Favorite food? My favorite food is spaghetti all the way!

By: Nicole DeLosSantos
The San Diego Zoo has a website just for students with amazing videos, activities, and games. Enjoy the tour!

Click the links above for a virtual field trip!
Get to Know…
Miss Zoratti

Hello, my name is Miss Zoratti, and I teach 8th Grade Pre-Algebra and Algebra at Stout Middle School. Here are a few things about me that I would like to share with my Falcon family…

Birthday: February 23, 1986
Hobbies: cross stitching, board games, and Harry Potter
Hidden Talent: organizing
Favorite Food: pasta
Favorite Drink: unsweetened iced tea
Favorite Movie: Man on Fire
Favorite Book: Harry Potter and the Half Blood Prince
Favorite Color: blue
Favorite Season: summer
Favorite Sport: basketball

I have a Shih Tzu named Toby that had been with me since college! (Pic to the right)

See you all soon!