

MINDFUL MORNINGS Group

*A weekly drop-in group
for Sheridan students, families, and staff*



Thursdays, 8:15-8:45 am

6 meetings, March 11th – April 22nd 2021

Sheridan students, parents/caregivers, and school staff are warmly invited to come together on Thursday mornings to start the day with restorative meditation and gentle movement practices. With the heightened levels of stress, loss, and trauma collectively experienced over the past year in this time of global pandemic, now more than ever it is important to carve out time to soothe and ground ourselves; beginning with even a few relaxing minutes helps prepare us to face the stressors of daily life.

Originating in Eastern philosophical traditions, the teachings of mindfulness have been rapidly gaining popularity within the Western therapeutic community in recent years. Mindful practices emphasize the release of distracting or stressful thoughts and emotions through focusing awareness on messages from the five senses in the present moment. Using guided meditation and artistic, sensory, and interactive mindfulness exercises, this calm and relaxing group will help to cultivate an ability for people of all ages to access inner calm and clarity within any environment.

What you will need for the group: please have available art or writing supplies and an eye mask, scarf, or material to cover your eyes (especially for students!) during guided meditations. That's it! We will begin meetings with a guided practice of about five minutes, then will journal or draw about our what came up during the exercise, and participants will have a chance to share with the group what their experience was – always optional, of course! The group will be facilitated by Lily Cardasis, Seeds of Awareness counselor working at Sheridan For more info on Lily please see [here](#).

Topic: Mindful Mornings @ Sheridan Group

Time: 6 Thursdays Weekly 8:15-8:45 am, beginning March 11th 2021

Link to Join: <https://zoom.us/j/8133811591?pwd=Qm5ueTBLNERGcXJvR3JEd3BnaFBBZz09>

Meeting ID: 813 381 1591

Passcode: J2uWM5