

IDLE HOUR MANTRA

I am somebody
I was somebody when I came
I will be a better somebody when I leave
I am powerful, and I am strong
I deserve the education that I get here.
I have things to do, people to impress, and places to go.



MINDFUL MOMENT

Idle Hour promotes a balanced mindset. To start the week off right, we will have a Mindful Moment after the pledge and morning announcements. Chimes will ring to indicate that the mindful moment will begin. Centering and breathing practices will be guided verbally over the loud speaker. At the conclusion of the moment, the chimes will ring again. The students will hear an affirmation and then the learning day will begin.

MINDFUL TRANSITIONS and MINDFULNESS ROOM

These centering practices may be implemented throughout the day for transitions between lessons, to/from recess and specials. This allows the mind to focus and redirect to new activities. The mindfulness room is available throughout the week to help support these practices.

