




## Sam Rayburn Middle School

Northside Independent School District 1400 Cedarhurst Dr. San Antonio, Texas (210) 397-2100

**“You are the sky. Everything else is just the weather.”**

— Pema Chödrön

 **Mindfulness clubs like this can be a powerful way to build emotional resilience, reduce stress, and foster a more compassionate outlook—both toward yourself and others. The inclusion of meditation, deep breathing, and journaling offers a well-rounded toolkit for anyone looking to shift into a more positive mindset.**

 **Join the Mindfulness Club!** 

*Breathe. Reflect. Grow.*

Take a break from the chaos and learn how to center yourself through mindfulness practices like:



Meditation



Deep Breathing



Journaling

Whether you're looking to reduce stress, boost positivity, or simply find a moment of peace, this club is your space to reset and recharge. Join the Mindfulness Club to learn simple strategies like meditation, deep breathing, and journaling that help you stay present and positive.

✨ **Spots are limited!**

Pick up a permission slip from **Ms. Lima** to reserve your place.

Let's build a more mindful, balanced you—one breath at a time.

Club will meet every Thursday from 4:00 to 5:00. Students must be picked up at the school entrance no later than 5:10.

We will be using diffuser with essential oils, so let us know if your child has any allergies to that. If you think your child will be hungry send a light snack, the student will be allowed to eat it.

If you can provide a yoga Mat for you student would be greatly appreciated, if you are not able to provide, a towel would work just fine, so they will not be seating directly on the floor. Just make sure to write their names on it, we will keep it at school so they do not need to carry all the time.

**We're excited to offer your child the opportunity to participate in our meditation club!**

Research shows that meditation can help reduce stress and improve focus, and we believe this practice can be a valuable addition to your child's routine.

Please note that participation in the club is a privilege. Students are expected to demonstrate their best behavior and respect at all times. Failure to meet behavior expectations may result in losing the opportunity to attend.

Any questions please feel free to contact Ms. Lima ([ana.lima@nisd.net](mailto:ana.lima@nisd.net))

Thank you

Ms. Lima