

# Mindfulness in BCPS



## BUILDING RESILIENCY · CULTIVATING WELL-BEING

Mindfulness is the intentional practice of attention in the present moment to become aware of one's thoughts, emotions, bodily feelings, and the surrounding environment. Mindfulness promotes well-being, resiliency, agency, and the enhancement of performance.

### GET CONNECTED



[Click here](#) to visit the Mindfulness in BCPS Canvas portal that was created to provide students, families, and staff with high quality online mindfulness-based education, support, and resources.

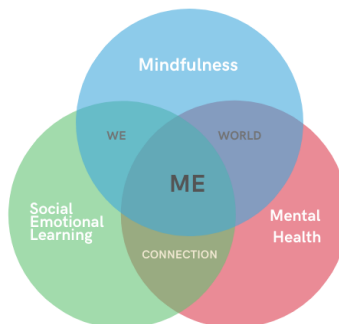


[Click here](#) for Superintendent Robert Runcie's message about Mindfulness for Students, Families, and Educators.

### CONNECTION TO SELF

MIND - BODY

CONNECTION TO OTHERS  
HEALTHY RELATIONSHIPS



CONNECTION TO COMMUNITY  
PASSION & PURPOSE



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