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.

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.