

Week of June 1<sup>st</sup>

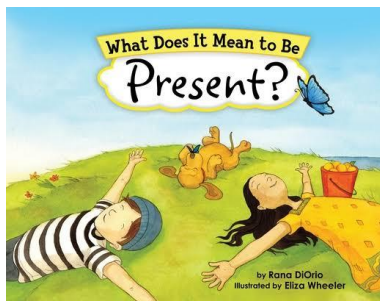
## Guidance

Worry and anxiety are often caused by thinking about something in the future or the past. You are much less likely to feel anxious if you are focused on what is happening right here, right now... in the present moment.

Watch the story: [What Does it Mean to be Present?](#) by Rana DiOrto

Click on the following link:

<https://www.youtube.com/watch?v=stnz10c2tt0&t=47s>



### Activity:

Practice mindfulness with your parents and family. Try to practice being mindful at least once each day this week.

When you are aware of the present moment, you will see what is happening around you and settle yourself more easily. That is what mindfulness practices teach us.

Parents - Check out the parent attachment for a mindfulness technique that you can use with your child.