

Dear _____,

I would like to schedule a time to meet with you about bringing the gift of mindfulness for young people into your school. (Insert a personal connection here)

I am completely sold on the benefits of mindfulness for all people but especially children. As you know, 7 hours is a long time to ask kids to sit still, and we (sadly) had to give up daily Physical Education long ago. Mindfulness practices allow kids to move their bodies mindfully, focus on their breath, slow down, become present and focused, and come back to learning with a more quiet mind and body. There are mountains of evidence that this directly affects the bottom line...academic performance. It also has a measurable impact on social issues like reduction in anxiety, aggression and bullying.

Schools that have implemented mindfulness programs and practices are reporting things like better attendance, better test scores, less office referrals, lower staff turnover, and an overall more calm learning environment.

There are numerous studies that point to the need to implement these programs sooner rather than later in our school system. I will attach a few, and happily provide more upon request.

<http://www.wsj.com/articles/SB10001424052748703386704576186463216602684>

<http://www.cnn.com/2016/05/10/health/yoga-in-schools/>

http://www.huffingtonpost.com/mark-w-quay/the-mindful-classroom_b_5632358.html

I would love to set up a time to discuss this with you. Please consider this request and let me know if you have a few minutes to meet with me next week.

Thank you very much,
Signature and Contact Information