

**What is *Mindful Circle*?**

The *Mindful Circle* room is an extension of the Social Emotional Learning (SEL) program and supports the Walter Hays Core Values. The *Mindful Circle* initiative is a research-backed curriculum for schools, taught by trained staff, which facilitates and encourages loving kindness, compassion, empathetic joy and equanimity throughout our community. Mindful practices support the development of skills that are critical to life-long cognitive and emotional growth and health.

**Who can participate in *Mindful Circle*?**

The *Mindful Circle* room is open and available to all Grade 1-5 students on Wednesdays during lunch; in addition, many of the SEL weekly classroom lessons are taught in the room which is also open to staff and to parents for a variety of mindful-based activities throughout the year.

**Want to learn more and get involved?**

We are happy to share the details of the curriculum with you, explain how the program is funded and share volunteer opportunities. Please contact Rina Singh [rinagsingh@gmail.com](mailto:rinagsingh@gmail.com), Jill Johnson [jillj727@gmail.com](mailto:jillj727@gmail.com), or Londy Reidy [yreidy@pausd.org](mailto:yreidy@pausd.org).

With Gratitude,  
Rina, Jill, & Londy