

## SELF-STUDY: Mindfulness with the Children in Your Program

This self-study, worth one hour of PD credit, has 3 requirements:

- 1. Read this article from the New York Times: Mindfulness for Children https://www.nytimes.com/guides/well/mindfulness-for-children
- 2. Watch this 3-minute video: <u>https://www.youtube.com/watch?v=RVA2N6tX2cg</u>
- 3. Answer these two questions:
  - a. Describe what you learned about mindfulness in this article.

b. Will you try mindfulness with the children in your program? If yes, what will you do? If no, why not? (please use the backside of this page to complete your answer)

Submit your response to your Program Director to keep on file and to submit to your NHCIS file to receive 1 hour of PD credit.