



Mindfulness

Mindfulness can be defined as being present in the moment, or bringing attention to each life experience as it occurs in each moment. Research on mindfulness in the classroom has shown positive outcomes for students from a variety of backgrounds who face a myriad of challenges.

At Renaissance Academy, the students practice mindfulness in their classrooms and throughout the day. Various movements that have been practiced successfully for centuries in cultures around the world are taught and practiced by students and staff. The movements are taught by the Director of Safety and Wellness, and through other educational resources. They are designed to create relaxation and stillness within the body and mind, or bodymind. This leads to greater concentration, focus, peace and overall health and fitness.

Since its inception Renaissance Academy Charter School of the Arts has embraced the power of mindfulness to help our students with self-regulation.