

**PARENTS AND GUARDIANS  
PLEASE JOIN US AT JOSEPH A. TAUB SCHOOL ON THURSDAY,  
DECEMBER 7, 2023 AT 6:00 PM**



**MINDFULNESS AT HOME  
TO BOOST READING, WRITING, AND MATH**



**What is Mindfulness?**



**How is Mindfulness being  
taught in the school and  
classroom?**



**Using Mindfulness to help  
children with reading and  
writing at home**



**Mindful practices to help  
parents and guardians**



**Using Mindfulness to help  
children with math  
homework**



**Daily Mindful practices to do  
with your child**

**Refreshments will be served**