

Mindfulness & Meditation



Mind Full, or Mindful?

Between classes, homework, sports, and friends - life can feel nonstop.

That's where we come in!

Open to all students in grades 4-8, schedule of dates will be sent home monthly and announced in the morning and afternoon announcements. Hope to see you there!

Join us to:

- Learn quick hacks to calm nerves before tests and games
- Try new breathing and focus techniques that the athletes use
- Reset with guided relaxation and music meditations
- Try mindful art and journaling

No experience needed - just bring yourself for a place to relax, reset and get back to being you!

GREENWOOD LAKE MIDDLE SCHOOL CLUB PERMISSION FORM

CLUB NAME: Mindfulness & Meditation With Mrs. Cullen

STUDENT NAME: _____ GRADE: _____

PARENT (GUARDIAN) NAME & SIGNATURE: _____

AFTER SCHOOL CONTACT NUMBER: () _____ EMAIL: _____

DATE: _____

This information will be kept with the Club Advisor and the Main Office. We cannot allow a student to participate without a signed permission slip. With this signed permission, we are under the assumption that you approve of your child staying after school for the above club on scheduled meeting days for 2026-27 school year. If at any time you wish your child to be taken off the club roster, please contact the Main Office or Club Advisor.

Thank you.