



Week 7– September 20th-24th - RCMA Wimauma Community Academy

Mindfulness in Nature

We've reached the time of year where the slight hint of cooler weather can be felt in the mornings. Granted, it's only from 6:30-6:35am, but it's enough to inspire us to get outside and spend time in nature. This week's challenge is to take time to be present in nature, both at school and at home. According to the University of Chicago, here are some of the many benefits:

- Green spaces near schools promote cognitive development in children, and self-control at home.
- Being exposed to natural environments improves memory, cognitive flexibility, and attention-span.
- Nature is associated with an increase in happiness, subjective well-being, and more positive social interactions.
- Nature can help create a sense of meaning and purpose, as well as decrease mental distress.

Ideas to Get Outdoors or Bring the Outdoors In

- Take a 10 minute walk around campus
- Play nature sounds in the classroom
- Eat lunch outside
- Grow something in the classroom
- Take the scenic route home

