



MINDFULNESS

Su práctica sostenida y repetida ayuda a un niño a tomar conciencia de que su atención va y vuelve, y que tiene el control y los recursos para traerla cada vez que necesite de manera amable para su bienestar integral y rendimiento académico.

- » Enfoque progresivo triple AAA:
Atención, Autorregulación y Amabilidad
- » **Grupo 1:** 1º-3º Ed. Primaria
- » **Grupo 2:** 4º-6º Ed. Primaria
- » Incluye material para alumnos

Responsable: Bárbara Jacome

Contratación:

En la Secretaría del Centro

brains/
INTERNATIONAL SCHOOLS





MINDFULNESS

Its sustained and repeated practice helps children become aware that their attention drifts and returns, and that they have the control and resources to gently bring it back whenever needed—for their overall well-being and academic performance.

- » **Triple-A Progressive Approach:**
Attention, Self-Regulation, and Kindness
- » **Group 1:** 1st–3rd Grade Primary
- » **Group 2:** 4th–6th Grade Primary
- » Includes materials for students

Coordinator: Bárbara Jacome

Registration:

Enrolment at the School Secretary's Office

brains/
INTERNATIONAL SCHOOLS

