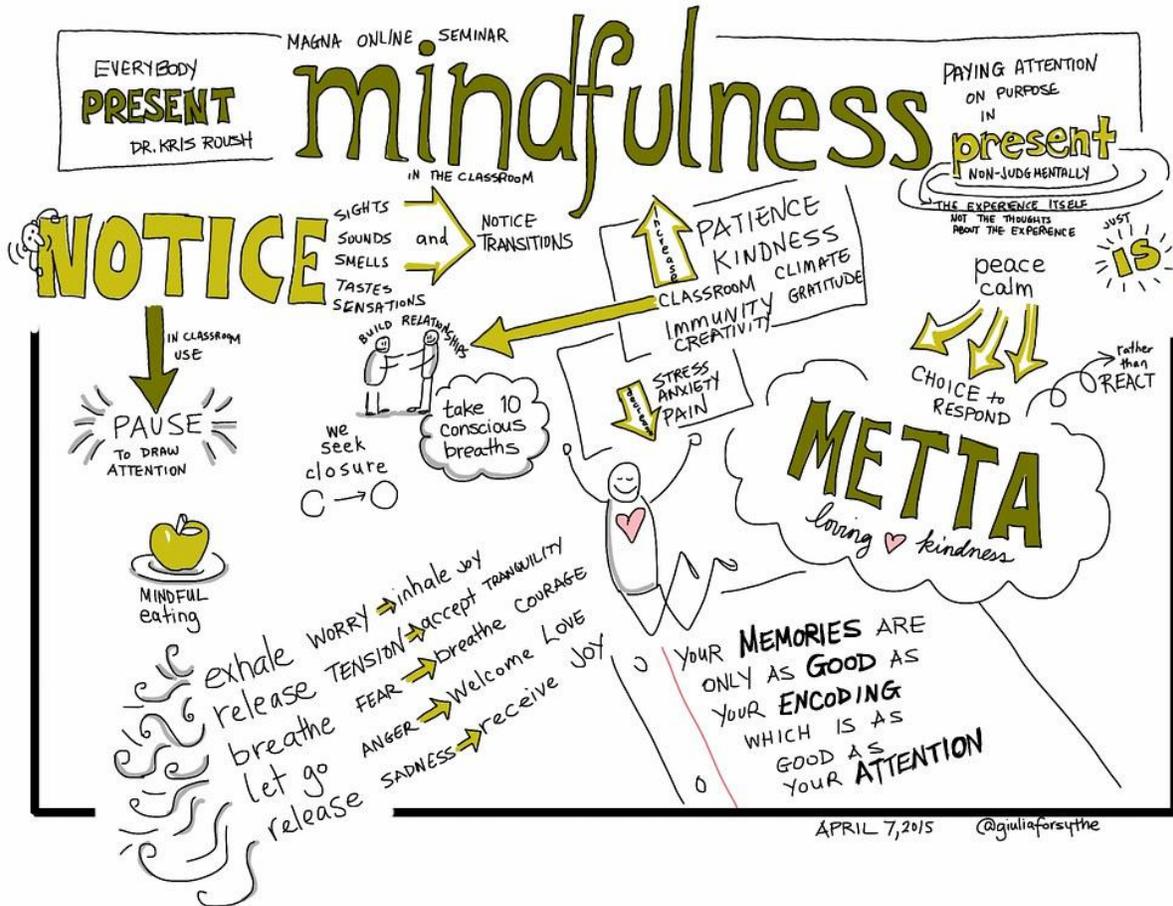


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Integrated Mindfulness, Executive Functions & Emotional Intelligence



Critical Learning Club LLC Mindfulness, Executive Functions, and Emotional Intelligence are each important neurocognitive skills that can be mentored and improved upon. Working together they can help a child or adult become more aware, attentive, and undistracted, see things with loving understanding, thoughtfully pause before acting, and respond rather than react.

We begin mindfulness work with breath appreciation and practice, and continue on with the practice of mindful eating, introducing how to slow down, pay attention to a single bite and experience how all senses are engaging in the present moment.

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Mindful eating cultivates gratitude and collective cognitive awareness among a group of students as they share and learn from each other's experiences. We also study how our food sources develop in nature and become our nutrition. Verbal and writing and drawing skills are improved and students use different skill sets to describe what they experience. Mindfulness work expands to quiet listening and observing of breath, as well as anchoring interrupting noises and thoughts.

Executive function skills help us to avoid distraction, keep things in active memory, think flexibly and to plan and organize. For executive function skills, we discuss the importance of sleep, less stress and building EF skills by the joyful creative practice of activities with movement and emotion, such as drumming or dancing.

Emotional intelligence involves recognizing, understanding, naming and responding in a self-regulated manner to one's emotions and to emotional circumstances. For emotional intelligence, we learn stories and discuss words that describe emotions. We learn to understand what happens to an individual and learn empathy and compassion towards oneself and others.

Mindfulness practice helps strengthen EF skills and gives you a "mindful moment" to respond instead of react to things, and to respond using emotional intelligence.