

Strengthening the Mind-Body Connection

What can your child(ren) learn when they listen to their bodies? A lot! Our emotions are often called feelings, because we *feel* them! The school day is full of cerebral processing and critical thinking, but social emotional learning provides an opportunity for kinesthetic learning, allowing students to build awareness of their feelings and emotional responses. How we feel – our thoughts, attitudes, and beliefs – can impact our physical body, and our body gives us clues when we need to care for ourselves socially, emotionally, or mentally. Strengthening the mind-body connections helps students learn to listen to their bodies in order to notice signs of stress, anxiety, or depression, for example. It's also important for students to learn that the mind and body are one and the same, so caring for your mental health supports your physical health and caring for your physical health supports your mental health.

