

## MINDFULNESS

# Good practice at Sunway school

It helps teachers, students learn to live the moment and reduce stress, distraction

**M**INDFULNESS is a process of bringing one's attention to the present moment, being fully aware of what we are doing and what is happening around us.

Mindfulness can be exceptionally beneficial in any given environment. The integration of mindfulness in our lives can reduce stress and anxiety, increase focus and productivity, experience less emotional reactivity, and increase compassion and empathy.

With time and training, our mind will learn to focus on things that matter.

At Sunway International School (SIS), the mindfulness programme is introduced to share tools that can positively impact the well-being of students and teachers. Students are taught techniques to reduce stress, increase focus and generate positivity.



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The end goal of promoting mindfulness in a school environment is to ensure that students can cope with stress and anxiety in their studies, which will ultimately lead to a positive classroom environment.

Mindfulness in SIS has been incorporated

into lessons from the beginning of this year.

Early programmes include guided meditation, stress-relief activities, introducing good eating habits and holding activities that encourage a sense of gratitude.

We live in an era where the simplest form of

distraction can put us on "autopilot" mode and lose focus on what we are doing.

SIS students are taught breathing techniques that are designed to reduce stress, anxiety and negative emotions. It helps them to sharpen their concentration.

Last April, the school community took mindfulness into a new level by conducting a "Phone Free Day". Students and teachers were encouraged to leave their handphones at home.

They want to avoid being distracted by electronic gadgets when interacting with people around them. It teaches them a sense of awareness on their surroundings, and to respond appropriately instead of staring at their phone screens.

Mindfulness programmes are becoming popular and relevant in schools worldwide as it enhances the learning, social and emotional life of students. That is why this programme plays an integral role in shaping a healthy future among the SIS community.

**Come visit the SIS Application Week from June 5 to June 10 June at Bandar Sunway and Sunway Iskandar campuses. For more information, visit [www.sis.sunway.edu.my](http://www.sis.sunway.edu.my).**