



# RISE Above

## **Mindfulness Program**

every Wednesday during lunchtime

11:00 – 11:55

Any student can attend. No sign-up required.

Eat in a calm, peaceful environment.

Bring or purchase your lunch and meet in  
Room L201 (across from the main office).

**No homework!**

Learn Mindfulness, stress reduction techniques, decrease anxiety,  
increase focus and concentration for academic success,  
test taking tips, be more in control of your emotions,  
increase attention, empathy, compassion and so much more.

Guest speakers/Fun, in-class projects/Not your typical classroom environment.

For questions contact Mrs. Bacall at [bacall@cranfordschools.org](mailto:bacall@cranfordschools.org)  
or Mrs. Carroll at [bcarroll@cranfordschools.org](mailto:bcarroll@cranfordschools.org)



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