



Littleton Public Schools Wellness Committee and Massachusetts Partnership for Youth Present

Mindfulness and the Media

May 10, 2022 6:30-7:30pm via Zoom



Drawing from current research on neuroscience, mindfulness, and the adolescent brain, the Mindfulness and Media program is designed to help parents support their children in using mindfulness techniques to become intentional about their habits of attention and improve their ability to focus on the task at hand. Attendees will learn the neuroscience of social media and game design and why these techs keep us hooked, particularly teens; ways in which social media are especially complex for teens in the realms of social comparison, social hierarchy, social inclusion/exclusion; the neuroscience of mindfulness and what research shows about the cognitive benefits in the areas of focus and self-regulation; the basics of mindfulness practice and its application to media use, to develop habits of intentional attention, for themselves and for their students.

Please register in advance for this webinar:

<https://us02web.zoom.us/meeting/register/tZAkdemspjliHN1leHbhp4d-ECIx1B-90md3>