

Supplementary Materials

Supplementary Table S1. Overview of the 8-week Mindfulness-Based Stress Reduction intervention

	Class Agenda	Home Practice
Introduction to Program (parents only) 2 hours	<ul style="list-style-type: none"> • Mindful Eating <ul style="list-style-type: none"> • Review data on benefits of mindfulness for adults and children • Review the rationale for offering MBSR to children • Discuss course structure and time commitment <ul style="list-style-type: none"> • Answer questions 	None
Class 1	<ul style="list-style-type: none"> • Mindful Eating Practice • Introduce Still Quiet Place • Mindfulness as “paying attention to here and now” • Begin breath-based practices such as Jewel/Treasure 	<ul style="list-style-type: none"> • Jewel/Treasure Exercise • Monitor pleasant experiences using Pleasant Experiences Calendar • Engage in one mindful activity (e.g., brush teeth, shower, do a chore, care for a pet)
Class 2	<ul style="list-style-type: none"> • Mindful Eating Practice • Review class 1 and home practice Jewel/Treasure Exercise • Answer questions about the practice 	<ul style="list-style-type: none"> • Same as Class 1 • Eat a snack or meal mindfully
Class 3	<ul style="list-style-type: none"> • Mindful Eating Practice • Review class 2 and home practice • Introduce concept of “funny mind” (internal dialogue, see Home Practice section) • Body Scan Exercise (mindfulness of bodily experiences) 	<ul style="list-style-type: none"> • Body Scan Exercise (mindfulness of bodily experiences) • Monitor unpleasant experiences using the Unpleasant Experiences Calendar Notice “funny mind” • Notice times when you feel stressed Engage in mindful activity

<p>Class 4</p>	<ul style="list-style-type: none"> • Mindful Eating Exercise • Review class 3 and home practice • Exercises to explore perception — how do we view ourselves and each other? • Exercises to investigate thoughts associated with difficult tasks <ul style="list-style-type: none"> • Yoga 	<ul style="list-style-type: none"> • Body Scan Exercise/Yoga (mindfulness of bodily experiences during yoga) • Monitor unpleasant experiences using the Unpleasant Experiences Calendar • Use awareness of breath to slow things down in everyday life Engage in mindful activity
<p>Class 5</p>	<ul style="list-style-type: none"> • Mindful Eating Practice • Review class 4 and home practice • Explore thoughts and feelings associated with unpleasant experience • Begin to develop concept of “funny mind” <ul style="list-style-type: none"> • Feelings Practice 	<ul style="list-style-type: none"> • Continue Feelings Practice, using haiku, other poetry, or art to depict feelings • Notice moments of reactivity and explore ways of responding • Engage in new mindful activity
<p>Class 6</p>	<ul style="list-style-type: none"> • Mindful Eating Practice • Review previous class topics and home practice • Explore Feelings Practice through haiku, art, etc. <ul style="list-style-type: none"> • Thought Parade Exercise <ul style="list-style-type: none"> • Walking Practice • Moving our practice into the world 	<ul style="list-style-type: none"> • Thought Parade Exercise <ul style="list-style-type: none"> • Take a “Thoreau walk” <ul style="list-style-type: none"> • Feelings Practice • Difficult Communication Calendar • Continue responding to stressful situations and to “funny mind”
<p>Class 7</p>	<ul style="list-style-type: none"> • Mindful Eating Exercise • Review class 6 and home practice • Communication dyads (one person describes a difficult communication; the other listens and reflects, then they reverse roles) 	<ul style="list-style-type: none"> • Loving-Kindness Exercise • Continue responding to stressful situations and “funny mind” • New, more challenging mindful activity • Imagine the world from someone

	<ul style="list-style-type: none"> • Share examples of responding, and role-play new responses to situations when the children reacted • Introduce Loving-Kindness Practice <ul style="list-style-type: none"> • Group choice 	<p style="text-align: center;">else's point of view</p> <ul style="list-style-type: none"> • Bring something to share for the last session that represents what the class has meant to you
Class 8	<ul style="list-style-type: none"> • Review class 7 and home practice <ul style="list-style-type: none"> • Letter to a friend • Making the practice your own 	<ul style="list-style-type: none"> • Your choice <ul style="list-style-type: none"> • Flashlight Exercise • Make a commitment as to how you will continue