TAKE THE ELEVATOR CHALLENGE

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When you pay attention to boredom, it gets unbelievably interesting.

-Jon Kabat-Zinn

When was the last time you felt bored? Did you reach for your phone? Try leaving it in your pocket or bag whenever you ride in an elevator. Start a conversation with someone new, or simply take a few moments to breathe.

Limiting dependence on our phones encourages Self-management, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel