

## Supplementary Materials

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

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

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

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