

Corbett Prep

wellbeing

September 8, 2022

Dear Families,

Your child has been learning how to cultivate personal wellbeing using the Four Pillars of Wellbeing Curriculum and RULER, both designed to strengthen their emotional intelligence, social connections, and ability to navigate the academic environment. The Four Pillars are used at Corbett Prep in conjunction with Yale University's RULER Approach, developed at their Center for Emotional Intelligence.

In the RULER program, teachers have started to introduce the Mood Meter, a tool to help build awareness of emotions. Additional information about the Mood Meter and strategies for how it can be used are linked [HERE](#) as a resource.

In the Four Pillars Curriculum, students will learn about Mindfulness, Community, Self-Curiosity, and Contentment and Balance throughout the year. Corbett Prep piloted this wellbeing program internationally, which was developed by the nonprofit Contentment Foundation. Classes have introduced the first pillar, Mindfulness, and will implement all Four Pillars this school year.

Overview of the Mindfulness Pillar

Mindfulness is cultivating focused, nonjudgmental attention to the present moment in all parts of our life. When we are being mindless, it is easy to become hijacked by strong emotions because all our attention is being consumed by what is happening in the moment.

When we practice mindfulness, we are increasing the sensitivity with which we can sense the world around us and, more importantly, the world within us. Scientists have documented hundreds of positive health outcomes that mindfulness offers. Some examples include immune system boosts, increased physical energy, and massive increases in wellness.

What Will My Child Learn?

Through the practice of Mindful Breathing, mindfulness will be understood as giving kind attention and increased focus to our experiences in the present moment. The Mindful Breathing practice is extremely simple – we sit in a comfortable seated position, bring the attention to the sensation of breathing, and when the attention wanders, we bring it back to

the breath. This process continues until the session is complete (for approximately 1-2 minutes).

Mindful Breathing gives students a regular practice for focusing their awareness. Students will learn ways to manage their attention and will apply concepts of loving kindness to focus their attention in a healthy, positive way. There are 15 lessons in this pillar, which move through the basic fundamentals of developing a personal Mindful Breathing practice.

Each pillar has a core tool. The Mindfulness Pillar is an essential piece of this wellbeing journey, and students are developing a regular mindfulness practice centered on the Core Tool of Mindful Breathing.

The Mindful Breathing Tool consists of four simple steps that students and families can easily practice at any time and place. The steps are as follows:

1. Please find your mindful posture.
2. Please let your eyes close or look down.
3. Please place your hand on a spot where you feel your breath.
4. Please do mindful breathing for one or two minutes.

As part of the Mindful Breathing practice, we learn to be aware of our thoughts, feelings, and bodily sensations. We then learn more advanced practices like non-judgmental noticing, self-kindness, and letting go of all distractions to increase our focusing ability. Finally, Mindful Breathing advances into a practice that can be applied to everyday life, even when walking, moving, talking, or doing any activity.

Developing a practice

- Have your child model Mindful Breathing for you at home and consider establishing a mindfulness practice at home.
- Consider using role play to help your child develop their skills - make distracting sounds while your child closes his/her eyes and does mindful breathing to avoid being distracted.
- Encourage your child to pick an area to improve upon and apply the Mindful Breathing tool to grow. Examples can be similar to the following:
 1. Keeping track of belongings
 2. Listening fully to someone who is speaking
 3. Speaking to yourself in a friendly way
 4. Staying focused on one task for a longer period of time
 5. Using mindful breathing as a self-centering strategy when triggered by a strong emotion

Starting your own personal practice or setting a regular time to practice together with your child are great ways to support your child's wellbeing!

You can find more activities for you and your family to practice together to cultivate Mindfulness in the Contentment Families App that is available to all families at Corbett Prep. All families have received an email invitation to the Families App and can download the App using the links provided below. If you need the invitation to be sent again or need support getting started, please reach out to our Wellbeing Specialist, Jen Jones, at jjones@corbettprep.com.

Contentment Families Apple App:

<https://apps.apple.com/sg/app/contentment-families/id1513321262>

Contentment Families Android App:

https://play.google.com/store/apps/details?id=org.contentment.family&hl=en_US&gl=US