

Dear Families/Caregivers,

Mindfulness is the awareness and acceptance of the present moment. Developing a practice of mindfulness nurtures a sense of quiet inner peace, improves one's ability to learn, and promotes deeper and more meaningful relationships. Studies show that a practice of mindfulness helps students focus better, leading to increased learning, improved mental health and wellbeing, and better decision-making and social skills.

In this lesson students learned mindfulness through sensory experiences. When we use our senses to pay close attention to something, we are being mindful.

Here are a few ways that you can encourage your child's mindfulness:

- Provide a model for your child by cultivating your own senses. Take time each day to stop and use each of your senses (sight, smell, hearing, touch, taste) to notice the world around you.
- When sharing a meal together, practice using your senses to describe the food you are eating as a way to encourage your child to be mindful. Talk about the different ways that your own and your child's senses describe the food you are eating.
- Go on nature walks with your child. Practice describing the things around you with your senses and have your child see if he or she can guess what you are describing.

Encouraging your child to be more mindful and aware of his or her senses will help him or her quiet his or her brain and feel calmer. This will result in helping him or her feeling happier and more present.

Sincerely,

Your Child's Teacher