

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 the mindful practice of focus breathing. Students were encouraged to sit quietly and breathe deeply, focusing on their breath.

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

- Provide a model for your child by practicing mindfulness for yourself.
- Have your child lay down and place a stuffed animal on his or her tummy. Encourage your child to breathe normally and notice how the stuff animal moves up and down.
- Before your child starts his or her homework or other activity that requires focus, encourage him or her to quiet his or her mind and breathe.

Encouraging your child to be more mindful and by focusing on the moment will help him or her quiet his or her brain and feel calmer. This will result in helping him or her feel happier and more relaxed.

Sincerely,

Your Child's Teacher