

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 noticing how their bodies feel. Students were encouraged to:

Be **Aware** of how their bodies are feeling.
Find **Balance** by taking a deep breath.
Become **Calm** and relax.

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

- Provide a model for your child by cultivating awareness of your own body. Consider incorporating a yoga or other movement practice into your daily routine.
- 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 any transition from one activity to another, have your child pause and use the ABCs of mindfulness to notice how his or her body is feeling.

Encouraging your child to be more mindful and by focusing on his or her body 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