

Dear Families/Caregivers,

Mindfulness is the awareness and acceptance of the present moment. Studies show that a practice of mindfulness helps students to focus better, leading to increased learning, improved mental health and wellbeing, and better decision-making and social skills.

In this lesson students learned two mindful practices – focused breathing and focused listening.

### **Focused Breathing**

Take a deep breath. Breathe deeply in through the nose and exhale slowly through the mouth. Think about the breath as you breathe.

### **Focused Listening**

Breathe deeply. As you breathe, listen. Focus on one, repetitive sound. If a thought enters the head, let it float away like a cloud.

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

- Provide a model for your child by practicing mindfulness for yourself.
- 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 away everything that happened during the day.

Encouraging your child to be more mindful and focus 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