

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 practiced changing their perspective. Looking at things from a different perspective is a great way to practice mindfulness. Being mindful helps you step back and look at something in a completely new way, releasing any feelings or judgements you might have. It helps you pause and look at something for what it is – rather than how you feel about it.

To practice changing perspective when feeling stressed or anxious, your child learned to pause and choose one object around him or her and use all of his or her senses to look at the object in a new way. By focusing on an inanimate object in a new way, your child was able to quiet his or her mind and feel calmer.

Here are a couple of ways that you can encourage your child to practice changing his or her perspective:

- Provide a model for your child by selecting objects to observe when you are feeling anxious or stressed.
- Use your senses to notice objects with your child even when he or she is not upset to reinforce the mindfulness practice.

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.

Sincerely,

Your Child's Teacher