

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 noticing their thoughts and releasing them as a way to calm their negative thoughts. Negative thoughts can cloud our brains and make it hard to focus on what is in front of us, miss important people and information, and keep us from trying new things.

One way to quiet negative thoughts is to pause and quiet our brains by imaging our thoughts as clouds that float by. When we think of a negative thought like a cloud, we see the thought and watch it float away. With practice, we can have fewer negative thoughts!

Here are a couple of ways that you can encourage your child to release negative thoughts:

- Provide a model for your child by noticing and pointing out your negative thoughts and mindfully letting them go.
- Before your child starts his or her homework or other activity that requires focus, encourage him or her to notice his or her thoughts (positive or negative) and practice letting those thoughts float away.

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