Dear Parents,

I wanted to share some exciting news with you. Next week, we will start our Mynd Time lessons. Mynd Time teaches mindfulness practices as a solid foundation for social emotional well-being. The goals of Mynd Time are: 1) to help students understand how their minds work, and 2) to increase their self-awareness and self-regulation.

Mindfulness is defined as “paying attention, on purpose, in a particular way, in the present moment” (Kabat-Zinn, 1994). Essentially, we are learning how to focus our attention, in a quiet and still way, so that our minds can get a break from all of the thinking and learning they do all day long! Research shows that these practices can have a positive effect on many aspects of our lives, including better relationships with others, feeling better about themselves and others, and improved focus and concentration.

Feel free to ask your child about what they are learning, or to show you how we practice. This is an exciting foundation to our required Social Emotional Learning lessons and we are happy to share. The great thing about these strategies is that they cost nothing, require no extra technology or equipment, and can be done any time, any place.

If you would like more information about mindfulness please let me know. I am happy to share additional resources.

Best Regards,

A+ Teacher