

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 to be mindful of how emotions manifest in their bodies. Our bodies respond when we feel stressed or uncomfortable and mindfulness can help us to notice our reactions and manage uncomfortable emotions.

Here are some steps to be mindful of uncomfortable emotions:

### **Name the Emotion**

Pause and name the emotion. Simply naming the emotion helps to reduce some of its strength. It also puts space between the emotion and our reaction, which empowers us with a sense of control.

### **Identify the Trigger**

Pause and notice the space between the emotion and the reaction to learn what is causing the emotion. When we understand what is causing the emotion, we are better able to choose an appropriate response.

### **Notice How the Emotion Feels**

Try to notice how the emotion feels without assigning any value to or judging the emotion.

### **Release the Emotion**

Take a deep breath and breathe into the part of your body that is feeling the emotion. Breathe and release the emotion.