

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 practice mindfulness as a tool for impulse control by creating space between a stimulus and a response. A stimulus is anything – person, place, thing, or event – that evokes a strong response.

Your teen learned to use the acronym PEACE to be mindful when faced with a stimulus:

Pause

Exhale

Accept

Choose

Engage

When your teen is mindful of the space between stimulus and response, he or she gives him or herself time to choose the right action, instead of reacting impulsively.

Developing a practice of mindfulness will make a difference in the way your teen sees life and help him or her feel happier and more relaxed.