



Dear Caregivers,

This school year, students will learn mindfulness techniques to support their well-being. Wellity Education's Mindfulness Curriculum teaches students breathing, movement and relaxation tools to help them manage their stress and emotions, and improve their focus.

**Mindfulness means paying attention, on purpose, to the present moment.** Research shows that mindfulness has positive benefits for students. Throughout the year, students will learn a variety of mindfulness strategies, called mindful tools. They can use these tools anytime, anywhere, at school or at home. Ask them to show you the tools they are learning at school, and you can practice them together!

Wellity Education's Mindfulness Curriculum is organized into four units that teach national social-emotional learning standards. These units teach students to: 1) Recognize, 2) Regulate, 3) Relate and 4) Reason. Here's a little more information about what is taught in each unit.

**Unit 1: Recognize:** This unit introduces students to the concept of mindfulness and self-awareness. Students are taught tools to be able to recognize their thoughts and feelings, sensations and breath.

**Unit 2: Regulate:** This unit introduces students to the concept of self-regulation. Students learn how to regulate their emotions with the help of breathing, movement and relaxation tools.

**Unit 3: Relate:** This unit invites students to practice mindfulness tools with a partner or in a group. Through mindful tools, students build their social-awareness and relationship skills to better relate to one another.

**Unit 4 Reason:** This unit teaches students responsible decision-making skills. Through mindfulness, students learn how to reason through a problem to make a healthy decision.