**Dear Parent/Guardian(s),**

Today we began the Kindness Curriculum in your child’s class. In the first several lessons, we are learning about paying attention with kindness. The children are practicing ways to pay attention on the outside (to whatever is happening around them) and on the inside (to their own feelings, sensations, and thoughts).

Today in class, we practiced paying attention to our breath. First, we played with

pinwheels and watched how our breath spun them around, and then we practiced sitting quietly and paying attention to how our breathing felt on the inside. We learned that breathing can be fast or slow, shallow or deep, gentle or forced, and that noticing our breath changes the way we feel in our bodies.

You may want to ask your child to share with you what they learned today about breath and how it felt to pay attention to it. You may also want to begin exploring our *Mindfulness for Families* web site and the brief activities provided there, including an “Awareness of Breath and Body” page that connects to this week’s classroom lessons (available now at bornjoy.com/families).

As always, thank you for everything you do to nurture your child’s natural curiosity and healthy self-awareness.

Have a good day,