



**SHANTIGENERATION**  
Guiding Teens to Bring Mindfulness to Life

## Sample Letter to Parents

Dear Parents and Guardians,

I would like to share an update on what is happening in our classroom this month and a few ideas for supporting your child's learning process.

[Here add 2-3 highlights on the months' curriculum. What are you covering? Are there any projects underway you want parents to know about? Is there a positive moment or event that stands out from the previous month? Presenting mindfulness in the context of what is happening in your classroom will help parents see how it "fits in" to their child's school lives.]

I also want to let you know that we have started to integrate more mindfulness into our daily activities. By taking a few moments each day to tune in to our bodies, breath, and mind, we are learning to stay present in the moment and de-stress. The techniques I am utilizing are incredibly simple and proven to enhance learning.

I have personally found mindful practices to be helpful in staying focused, aware and balanced.

Feel free to ask your child about this process of cultivating mindfulness and to remind them to bring the practice into their home lives', especially during homework sessions.

I am happy to offer more information on mindfulness and even guide interested parents through a mindful experience. Let me know if you would like to participate or receive more information.

Thank you for all you do to support your child's school experience. Every bit of attention and encouragement means more than you may know.

Sincerely,