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

For the past few weeks of Kindness Curriculum lessons, your child has been learning about:

**⚘** Caring for seeds and bulbs: by planting and watering flowers

**⚘** Caring for themselves: by noticing their breath and what’s happening “on the inside” (their thoughts, feelings, and emotions)

**⚘** Caring for friends: by practicing acts of kindness, such as sharing or

working out problems in a kind way

Today at school, we made “mind jars.” Sometimes our minds get busy and filled with angry or sad or excited feelings, and it can be hard to settle down and see things clearly. Whenever a child feels upset or overexcited, they can shake their mind jar and watch the glitter settle, just as our minds and emotions gradually calm down after feeling distressed. This is another important way to care for ourselves.

Please take some time to ask your child how they made the mind jar and how they use it. And if you haven’t yet, please visit our *Mindfulness for Families* website (bornjoy.com/families), which includes an “Awareness of Emotions” page that shows you how to make mind jars with your family.

Thank you for continuing to support this important learning at home!

Kindly,