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

For many weeks, your child has participated in the Kindness Curriculum, which emphasizes positive social and emotional skills like kindness, compassion, gratitude, and forgiveness. While we emphasize kindness in the classroom all year round, this curriculum is specifically designed to cultivate these important skills through books, music, movement, and other practices that help children calm their bodies and minds and pay attention to their feelings and the feelings of others.

In our final lesson, the children shared their favorite activity from the Curriculum and reviewed its central themes (listed below). Please take a few moments to talk with your child about what these themes might mean to them:

A: Attention and acts of kindness

B: Breath and body (including belly buddies)

C: Caring and curiosity

D: Depending on each other

E: Emotions

F: Forgiveness

G: Gratitude and generosity

Your child devoted much time and effort to developing these skills. It has been a joy to work with the special talents and perspectives they share in the classroom every single day. Though the Kindness Curriculum has officially concluded, we will still practice it in the classroom, and you can still practice mindfulness and kindness as a family. If you visit the *Mindfulness for Families* website (**bornjoy.com/families**), you’ll find short, helpful activities there. For example, the “Gratitude Practice” page shows you how to create a simple gratitude “tree” at home. Everyone in the family can add “leaves” of gratitude—check it out and see what we mean!

Thanks for all you do to provide a safe and caring home that supports your child’s ability to thrive in the classroom!

With gratitude,