



High School

Home Connection

Mindfulness

Dear _____,

Today in class, we learned that mindfulness means paying complete attention to how you feel in the present moment by calmly acknowledging and accepting your feelings, thoughts, and bodily sensations without judgment.

Please encourage your student to practice mindfulness at home. Ask them to show you their favorite mindfulness activity they learned today.

Please do not hesitate to reach out with any questions or concerns.

Best,
