

Letter to Parents and Caregivers

Date: _____



Dear Parent or Caregiver,

This letter is to inform you that your child is now starting **SEE Learning, Chapter 2, "Building Resilience"**. You may remember that SEE Learning is a K-12 educational program created by Emory University to enrich young people's social, emotional, and ethical development.

In Chapter 2, your child will learn a variety of methods for regulating their nervous system to enhance resilience to stress and adversity. This involves developing greater skill in noticing sensations in the body that signal well-being or distress (called "tracking") and learning simple strategies that can calm the body down. These techniques come from a significant body of research on the role that the autonomic nervous system plays in stress physiology. Your child, however, will be encouraged to use and practice only those skills that work effectively for him or her.

Home Practice

Many of the skills your child will learn in this chapter are skills you can explore yourself, and are just as applicable to adults as they are to children. You are encouraged to talk to your child about how you notice stress in your body and what signs your body gives you when you are experiencing stress as opposed to well-being. It may also be useful to discuss what kinds of healthy strategies you use to keep yourself resilient and which strategies are most appropriate for which situations or settings. Feel free to ask your child to share the techniques they are learning or to demonstrate them for you.

Early Chapters Included

Chapter 1 explored the concepts of kindness and compassion and how they relate to happiness and well-being.

Further Reading and Resources

Building Emotional Intelligence: Practices to Cultivate Inner Resilience in Children by Linda Lantieri. Introduction by Daniel Goleman.

SEE Learning resources are available on the web at: www.compassion.emory.edu.

If you have any questions, please feel free to reach out.

Teacher/Educator Signature

Teacher/Educator Printed Name: _____

Teacher/Educator Contact Info: _____



Center for
Contemplative Science and
Compassion-Based Ethics

EMORY UNIVERSITY