

## 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 3, "Strengthening Awareness and Attention."**

In Chapter 3, your child will explore the topic of attention and learn techniques for strengthening attention. Attention is absolutely crucial for learning, and children are often told to pay attention, but are rarely taught how to do so. In addition to providing specific practices to enhance attention, this chapter also explores how one can learn to pay better attention not only to external things, but also to one's own mind, thoughts, sensations, and emotions.

### Home Practice

As your child goes through this chapter, it will be helpful for you to talk about what it feels like to pay attention and how you decide what to pay attention to in your body, mind, and environment. You may also share strategies you use when you find it difficult to pay attention to something. Feel free to ask your child what they are learning, discussing, and practicing related to attention. Point out moments when your child is able to pay attention well and explore with them what it is that enables them to do so (such as level of interest, familiarity, or other factors).

### Early Chapters Included

- Chapter 1 explored the concepts of kindness and compassion and how they relate to happiness and well-being.
- Chapter 2 explored practices for regulating the body and nervous system to enhance resilience to stress 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](http://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