

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 5, "Learning About and From One Another."**

In Chapter 5, your child will explore differences, similarities, and their own uniqueness, as well as the things that we all have in common as human beings (such as feelings, needs, and the desire to be happy). Identifying shared commonalities puts difference in perspective and supports the ongoing development of empathy. Your child will also learn and practice mindful listening behaviors, which can help them attune their attention to a speaker and listen without interruptions or judgments.

Home Practice

As your child goes through this chapter, you might like to ask your child to demonstrate their mindful listening behaviors. See if you can practice listening mindfully to your child (with full attention, non-judgement, no interruptions, and empathy): your example will be encouraging and demonstrates emotional attunement. Emotional attunement is an important aspect of empathy, which involves understanding and caring about how someone else feels. Your child is learning to look for clues, such as facial expressions, tone of voice, and body language, to help them identify another person's feelings. You can help your child improve their empathy skills by asking them questions about how they think another person feels, and noticing clues together.

Earlier Chapters Included

- Chapter 1 explored the concepts of kindness and happiness through helping to form of class agreements.
- Chapter 2 explored the important role that our bodies, and in particular our nervous system, play in our happiness and well-being.
- Chapter 3 addressed to the topic of attention, including why it is important, how to strengthen it, and how we can use it to cultivate insight into ourselves.
- Chapter 4 explored the topic of emotion and emotional hygiene, how emotions arise, and how to better "navigate them."

Further Reading and Resources

Remember that the SEE Learning Framework, contained within the *SEE Learning Companion*, contains an explanation of the entire curriculum. You may access it on the web at 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

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