

## 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 6, "Compassion for Self and Others."**

In Chapter 6, your child will practice applying self-compassion and compassion for others. This chapter addresses how to treat oneself kindly through positive self-talk, and examines the ways in which our intention and motivation is connected to compassionate action. We also explore forgiveness as the release of negative emotions towards another, and consider the ways in which understanding someone's feelings and circumstances might help us generate forgiveness and compassion to towards them.

### Home Practice

As your child goes through this chapter, it will be helpful for you to ask them what self-compassion, and being compassionate to others, means to them. You might also like to share a story with your child about a time when, despite the difficulty in doing so, you forgave someone and it led to a positive result of more happiness.

### Earlier Chapters Included

- Chapter 1 explored the concepts of kindness and happiness.
- 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 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 emotions, how they arise, and how to better "navigate them."
- Chapter 5 addressed appreciating differences and recognizing our shared common humanity. It also introduced the practice of mindful listening.

### 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: [www.compassion.emory.edu](http://www.compassion.emory.edu).

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

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Teacher/Educator Signature

Teacher/Educator Printed Name: \_\_\_\_\_

Teacher/Educator Contact Info: \_\_\_\_\_



Center for  
Contemplative Science and  
Compassion-Based Ethics

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