

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***I Can Practice Mindfulness.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. **What is mindfulness? Noticing what is happening right now; paying attention to how our bodies feel; being aware of our emotions and how they feel inside; paying attention to what our mind is doing**
2. **When we are mindful, we can focus more deeply which can help us do better at school, at home, and elsewhere**
3. **Being mindful can also help us calm down when we’re upset**
4. **There are 5 Steps to Practicing Mindfulness**
5. **body still (relaxed, comfortable, not moving around)**
6. **eyes closed (helps to block out distractions)**
7. **stay quiet and listen**
8. **breathe slowly in and out (pay attention to inhales and exhales)**
9. **focus your mind (if your mind starts to wander, bring it back to now – “what’s happening in me and around me?”**
10. **Using these steps can help us take control of our thoughts and emotions, feel better and do better!**

**Your child received a Lesson Summary magnet:**

**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**