Date:

Dear Parent/Guardian,

We have been having a great time in small group learning about mindfulness and creating our MINDFUL MINUTE Bottles. Mindfulness, or the practice of being in the here and now, has been found to help students calm down, be more focused, and assist in decision-making. These Mindful Minute Bottles were a fun way to teach the students new skills, like deep breathing and using self-control. Your child can shake the bottle, take deep breaths and watch the glitter settle in the bottle, just as their thoughts settle in their minds, so they can focus. There are two videos that explain these concepts, and watching them with your child would be a great way to get some conversations started (websites listed below). I hope this group activity was meaningful for your child.

Sincerely,

School Counselor

Check out these videos that we watched in group:

“Just Breathe” by Julie Bayer Salzman & Josh Salzman
https://www.youtube.com/watch?v=RVA2N6tX2cg

Mind in a Jar - Planting Seeds of Mindfulness MOVIE!
https://www.youtube.com/watch?v=QNmMH6tqiMc