

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 be learning to practice self-compassion and compassion for others. We will be thinking together about how to be kind to ourselves, through positive self-talk, and will look at ways in which thinking about our intentions and motivations can help us act in compassionate ways. We will also be exploring forgiveness (releasing our negative feelings towards another person) and the idea that when we understand someone's feelings and life circumstances, it can help us feel more forgiving and compassionate 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.

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

Teacher/Educator Signature

Teacher/Educator Printed Name: _____

Teacher/Educator Contact Info: _____



Center for
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Compassion-Based Ethics

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