

Letter to Parents and Caregivers



Date: _____

Dear Parent or Caregiver,

We are pleased to let you know that your child is now starting the last chapter in **SEE Learning, Chapter 7, "Building a Better World."**

In Chapter 7, your child will focus on systems and systems thinking. Systems thinking is the ability to understand how persons, objects, and events exist interdependently with other persons, objects, and events. Fundamentally, it is about thinking about the relationships between things. While this may sound complicated, leading psychologists and educators have noted that even small children have an innate capacity for systems thinking. Although they may not use the term "system," they already have an understanding that their family or home environment is complex unit of relationships. Not everyone in a family or classroom likes the same things or acts the same way; and changing one thing in these systems can affect everyone.

Home Practice

A system is something that has parts, and its parts are connected to each other, such that if we change one part, we affect other parts or even the whole system. Your child will be learning a simple way of approaching systems using a checklist. Consider helping your child develop their systems thinking by identifying things with you at home and outside the home that could be systems using this checklist.

Systems Checklist:

1. Does it have parts and what are they?
2. Are the parts connected to each other? How?
3. If we change one part, does it change other parts? How?
4. Are the parts connected to other things on the outside? How?

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.
- Chapter 6 explored the concepts and skills related to positive self-talk, forgiveness, self-compassion and compassion for others.

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
Contemplative Science and
Compassion-Based Ethics

EMORY UNIVERSITY