Parent/Caregiver Information Letter

Date: _____

SEE *Educating the Heart & Mind*
LEARNING

Dear Parent or Caregiver,

This letter is to inform you that your child is now starting **SEE Learning, Chapter 4, "Navigating Emotions."** You may remember that SEE Learning is a K-12 educational program created by Emory University to enrich young people's social, emotional, and ethical (SEE) development.

In Chapter 4, your child will explore the topic of emotions, how they arise, and how better to "navigate" them. Your child will learn how to "map" emotions using a variety of tools (such as emotion families, an emotion timeline, and charts for how emotions are experienced in the body). They will then explore using this knowledge to better identify emotions in themselves and how they unfold, and how to cultivate "emotional hygiene."

Home Practice

As your child goes through this chapter, it will be helpful for you to ask your child about what emotions they notice in themselves and what emotions they notice in others. It can be helpful for you to also talk about your own emotions, when they arise, and how you deal with them.

Earlier chapters included

- Chapter 1 explored the concepts of kindness and happiness through helping to form class agreements.
- 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.

Further Reading and Resources

Building Emotional Intelligence: Practices to Cultivate Inner Resilience in Children by Linda Lantieri. Introduction by Daniel Goleman.

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.

Center for
Contemplative Science and
Compassion–Based Ethics

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EMORY UNIVERSITY

Teacher/Educator Signature

Teacher/Educator Printed Name: _____

Teacher/Educator Contact Info: _____