

Parent/Caregiver Information Letter



Date: _____

Dear Parent or Caregiver,

This letter is to inform you that your child is now starting **SEE Learning, Chapter 7, "Building a Better World."**

In Chapter 7, your child will focus on systems and systems thinking. 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. Fundamentally, Systems Thinking is about the relationships between things. Although they may not use the term "system," they already have an understanding that their family or home environment is complex unit of relationships.

Home Practice

Your child will be learning a simple way of approaching systems using a checklist. Consider helping your child develop their systems thinking by using this checklist.

Systems Checklist:

- | | |
|--|---|
| <input type="checkbox"/> Does it have parts and what are they? | <input type="checkbox"/> Are the parts connected to each other? How? |
| <input type="checkbox"/> If we change one part, does it change other parts? How? | <input type="checkbox"/> 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: 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, recognizing our shared common humanity and 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.



Center for
Contemplative Science and
Compassion-Based Ethics

EMORY UNIVERSITY

Teacher/Educator Signature

Teacher/Educator Printed Name: _____

Teacher/Educator Contact Info: _____