



Hi parent/guardian,

During school closures, I would like my students to follow the Educalm Classroom online social-emotional learning program. This program involves listening to a 2 or 5 minute audio that prepares students' brains and bodies for calm and focused learning while also teaching them strategies for managing emotions. Then, having a discussion with an adult or responding to questions about the audio they listened to. This program helps to build resiliency during stressful times like these.

Please watch this short instructional video that will teach you how to use the Educalm Classroom program at home with your child by clicking on the following link:

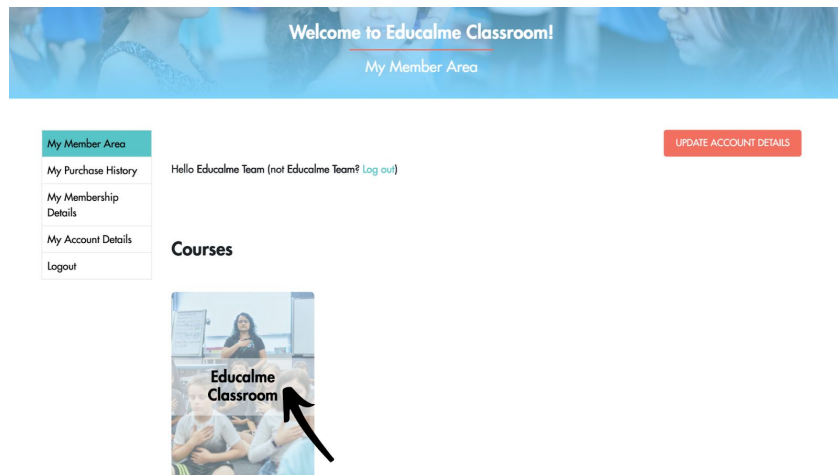
<https://vimeo.com/399682198/95301ba93d>

Then, create your free Educalm Classroom account by going to <https://www.educalme.com/free/> and using your child's school information when you fill out the account profile.

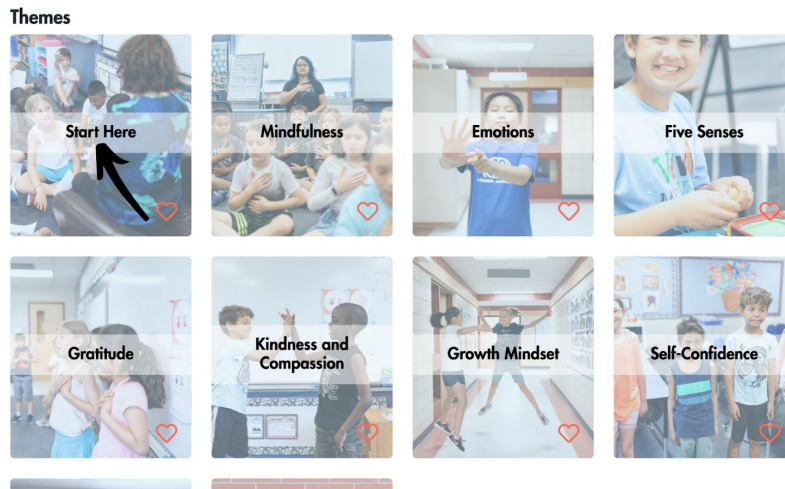
Here is how I would like your child to use the contents of this program over the next 5 weeks:

Week 1

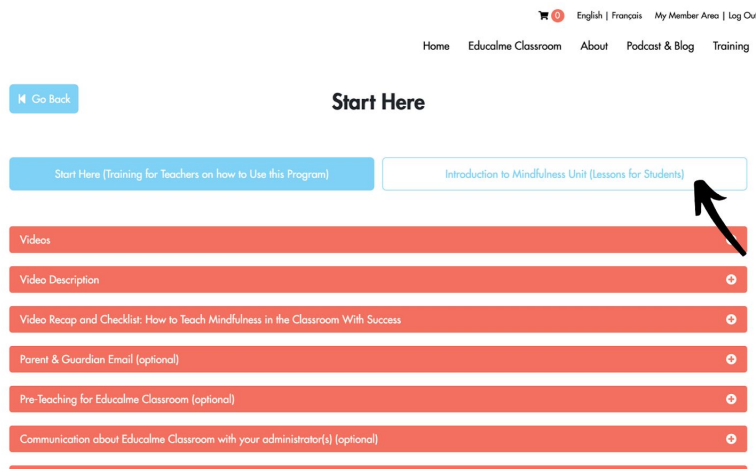
1. Login to Educalm Classroom at <https://www.educalme.com/login/>.
2. Click on the Educalm Classroom tile.



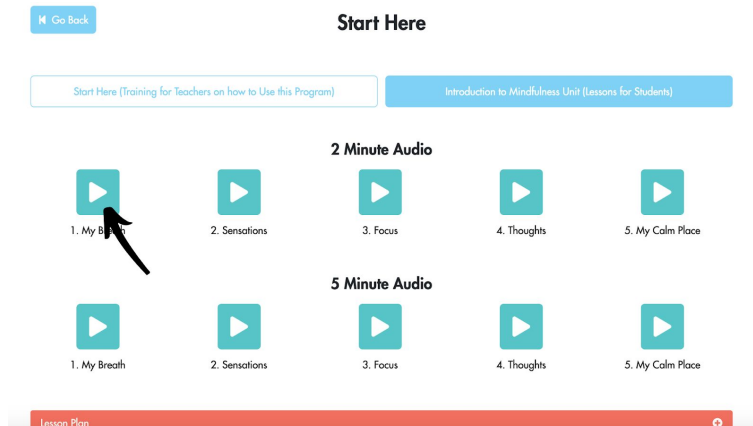
3. Click on the Start Here Theme.



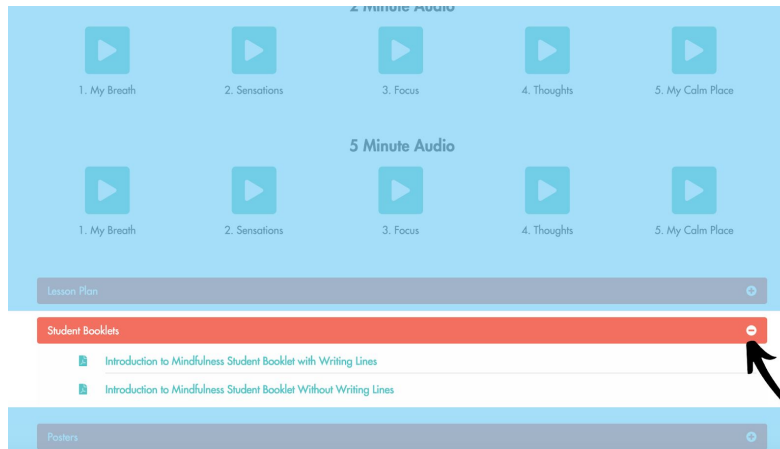
- Click on the Introduction to Mindfulness Unit tab.



- Listen to audio 1 (you can choose the 2 or the 5 minute version) with your child each day after breakfast.



- After you listen to the audio, discuss the questions on page 1 of the Introduction to Mindfulness student booklet.



7. On Friday, after listening to audio 1, ask your child to answer the questions on page 1 in the student reflection booklet (print the page if you can, or they can just write the responses on a scrap paper).

Name: _____



EducalmE

My Breath

What did you notice during today's mindfulness practice?

What is it like in your calm place today?

1

©2019 EDUCALME (All rights reserved) | www.educalme.com

Week 2

1. Listen to audio 2 in the Introduction to Mindfulness Unit in the Start Here Theme of EducalmE Classroom with your child each day after breakfast.
2. After you listen to the audio, discuss the questions on page 2 of the Introduction to Mindfulness student booklet.
8. On Friday, after listening to audio 2, ask your child to answer the questions on page 2 in the student reflection booklet (print the page if you can, or they can just write the responses on a scrap paper).

Week 3 - Continue the same routine as in previous weeks with audio 3 and page 3.

Week 4 - Continue the same routine as in previous weeks with audio 4 and page 4.

Week 5 - Continue the same routine as in previous weeks with audio 5 and page 5.

If at any point you have questions or feedback to share about how the program is going, feel free to email me.

