



Home Connection

Stress Management

Dear _____,

I hope this letter finds you well. I am writing to share what your student has been learning in class today about managing stress and practicing mindfulness.

We began our lesson by discussing stress, a common feeling of worry, frustration, or being overwhelmed. We talked about how stress can sometimes be positive, like making the game-winning point or performing in a play, and other times, it can be negative but manageable, like preparing for an important exam. Students shared examples of stress they have been dealing with lately, which helped them understand that everyone experiences stress in different ways.

We then explored healthy strategies for managing stress, emphasizing that what works for one person might not work for another. Today, we focused on meditation as a tool to help de-stress. We learned that meditation is a mental exercise that can improve focus and relaxation. Many well-known athletes and celebrities use meditation to enhance their performance and well-being, including LeBron James, Hugh Jackman, Katy Perry, Madonna, Oprah Winfrey, and Steve Jobs.

We practiced a guided meditation in class. Students made themselves comfortable, closed their eyes, and took slow, deep breaths, focusing on their breathing and the present moment. This exercise helped them experience the calming effects of meditation firsthand.

To continue this conversation at home, please ask your student: "What are some healthy ways you've learned to manage stress, and how did you feel after practicing meditation in class?" This can be a great opportunity for a meaningful discussion about the importance of managing stress and exploring different techniques to find what works best for each individual.

Please do not hesitate to reach out with any questions or concerns.

Best,
