



Virtual Mindfulness – Letter to Educators

Greetings from Starr Commonwealth!

I am Erin Reed, Senior Trainer for Starr Commonwealth. I hope you are well, and finding new ways to thrive at this time of stress and uncertainty. At Starr Commonwealth, we are more committed than ever to supporting wellbeing for educators, students, families, and communities. Before school closures we had partnered with several districts to bring mindfulness into classrooms to support a school culture of resilience. Now, we're dedicated to bringing mindfulness practices to all. Mindfulness is defined as paying attention—intentionally without judgment—to what is happening right now. Mindfulness practices have been proven to support cognitive outcomes, social emotional skills, and wellbeing.

In order to continue to offer support, we have developed 6 weeks of mindfulness practices filmed by our Resilience Coaches that you can share with your families and students. We imagine there are two ways you may choose to utilize these videos. You can share them and practice them directly with students if your educational platform allows, or you can share the links with students and families. Each week we will focus the mindfulness practice on a different present moment experience. These lessons will be differentiated for elementary and secondary students. Each lesson builds on the lesson before, provides some context about the lesson of the week, guides a mindful awareness practice, and finishes with reflection or discussion questions.

Here is the breakdown of lessons week by week:

- *Week 1 – Introduction: What is Mindfulness? Mindful Listening Practice*
- *Week 2 – Soft Belly Anchor Breathing*
- *Week 3 – Body Scan*
- *Week 4 – Mindful Movement*
- *Week 5 – Mindfulness of Compassion*
- *Week 6 – Mindfulness of Thought*

You will receive two links each week with a communication letter to families related to the weekly practice. I am here to support you every step of the way. Our greatest power to heal is through relationship and connection, so please reach out to your district coach or myself with anything you need to support you in sharing mindfulness virtually.

Wishing each of you health, peace, and love.

Sincerely,

Erin Reed reeder@starr.org,
Starr Commonwealth, Senior Trainer