FOR PARENTS AND CARERS

Date:……….

Dear …………………..

This term your child will be learning about mindfulness once a week as part of a 30 week classroom-based curriculum called **dots**.

You may have heard of mindfulness or read some of the recent media coverage about it.

A great deal of this media interest has arisen as a result of the growing body of **rigorous research evidence** regarding the potential benefits of mindfulness for young people. These include randomised control trials and neuroscientific studies.

As Professor Katherine Weare observed in her award-winning research summary: *Evidence for the Impact of  Mindfulness on Children and Young  People*, schools who engage in mindfulness are likely to see *‘beneficial results on the* ***emotional wellbeing, mental health, ability to learn*** *and even the* ***physical health*** *of their students.’.*

 **dots** - is a classroom-based curriculum for children aged 3 -6 years and is offered formally as a series of sessions which often sit well alongside other subjects and in the children’s everyday lives. There are also ‘Have A Go’ practices and activities for the children to try in school and in their own time.

The Dots course was created by experienced teachers and mindfulness experts.

During the course they will be learning about many things, including:

* Our ability to **focus, make good choices, recognise when we need to steady ourselves** when our body or mind is busy or out of balance.
* Ways that mindfulness can support them in many day-to-day activities, including **concentration** and **memory**, **behavioural self-management**, and in **relationships with family, carers and friends**.
* Ways to respond rather than react – and therefore make better choices and take best care of themselves and others.

The feedback from children who have previously taken part in **dots** is very positive. They report enjoying the sessions and find the learning supports them in a broad range of situations from being able to concentrate and focus more easily in school to helping them feel calmer. Many have described sharing the learning with friends, family and other adults and finding it helps them with these relationships.

Should you be interested in reading further about the body of research evidence around mindfulness for both young people and school staff, you may find more information here: [The Evidence - Mindfulness in Schools Project](https://mindfulnessinschools.org/the-evidence-base/)

If you have any questions about any of the above, please don’t hesitate to contact me.

Yours,