

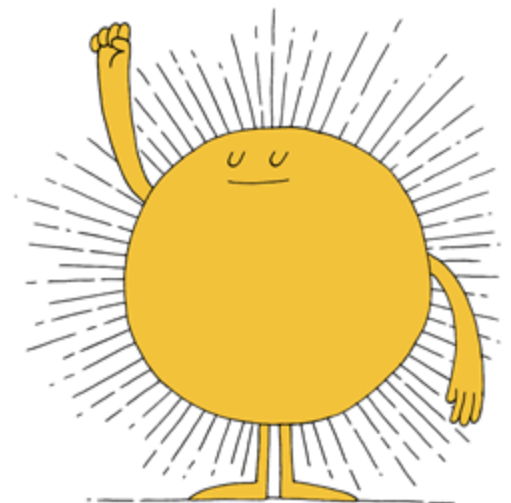
## Unit Milestone Newsletter Templates

These end-of-unit milestone newsletters are designed to update families and caregivers on the new well-being skills their children have learned in class.

Use the following implementation steps:

### Instructions:

1. After completing the last lesson of each unit, print the unit newsletter for that Unit (keep in mind there are 2 per page, so you need to print half of your class student count). If easier, you can email the update too.
2. Cut the newsletters in half along the dotted line.
3. Send home with your students, encouraging them to share about each lesson from the unit with the members of their household.
4. Be sure to share the Home Connection Activity Cards with your students' families and caregivers. Suggested activity cards are included in each newsletter.



*When schools and homes connect, we all win!*

### **Dear Parents and Guardians,**

Our class completed lessons 1-4 of the Well-Being Program! This unit started with an introduction to well-being and mindfulness. Here's a summary of each lesson.

#### **Lesson 1: Let's Get Started**

We learned about well-being and discussed what it looks like, sounds like, and feels like to each of us.

#### **Lesson 2: The Road to Mindfulness**

We learned about mindfulness and how we can practice mindfulness in our daily lives. We did a few mindfulness exercises, including listening with mindfulness and a guided visualization.

#### **Lesson 3: The Road to Setting Intentions**

We learned the difference between setting goals and setting intentions.

#### **Lesson 4: Acting with Intention**

We discussed what we're doing when we are our best selves and how those moments make us feel, then turned those ideas into intentions!

#### **Home Connection**

Connect your child's classroom learning to home. Try these related Home Activity Cards with your household: 1. Self-Care 101, 2. Relationships with Mindfulness, 3. Boost your Mood.



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**Dear Parents and Guardians,**

Our class has completed lessons 5-7 of the Well-Being Program! Below is a summary of each lesson:

**Lesson 5: The Road to Gratitude**

We learned about what gratitude is and how it affects our mental and physical well-being.

**Lesson 6: Expressing Gratitude**

We brainstormed who we are grateful for, how we can express gratitude, and then created our expressions of gratitude.

**Lesson 7: Reflecting on and Celebrating Gratitude**

We reflected on our full experience with gratitude and how it made us and others feel.

**Home Connection**

Connect your child's classroom learning to home. Try these related Home Activity Cards with your household: 1. Grow your Gratitude, 2. Healthy Communication



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**Dear Parents and Guardians,**

Our class has completed lessons 8-9 of the Well-Being Program! Below is a summary of each lesson:

**Lesson 8: The Road to Empathy**

We learned about how empathy means understanding and sharing the feelings of another person and we identified different types of feelings.

**Lesson 9: The Road to Compassion**

We learned how compassion is like empathy in action and we discussed how we can show compassion to others.

**Home Connection**

Connect your child's classroom learning to home. Try these related Home Activity Cards with your household: 1. Name it to Tame it, 2. Empathy and Compassion, 3. Is your Glass Half Full?



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**Dear Parents and Guardians,**

Our class has completed lessons 10-13 of the Well-Being Program! Below is a summary of each lesson:

**Lesson 10: The Road to Altruism**

We learned about what altruism is and we brainstormed altruistic actions we have done in the past.

**Lesson 11: Acting with Altruism**

We brainstormed people that are in need of our kindness and discussed acts of altruism we could do for them.

**Lesson 12: Altruism in Action**

We took our discussion from lesson 11 and put our altruistic ideas into practice!

**Lesson 13: Reflecting on and Celebrating Altruism**

We reflected on our entire experience with altruism and how it felt to express altruism as a class.

**Home Connection**

Connect your child's classroom learning to home. Try this related Home Activity Card with your household: 1. When you give, You Get Well



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**Dear Parents and Guardians,**

Our class has completed lessons 14-16, the final lessons of the Well-Being Program! Below is a summary of each lesson:

**Lesson 14: The Road to Resilience**

We learned about resilience and how we can endure in the face of challenges and adversity.

**Lesson 15: Acting with Resilience**

We learned how self-care and implementing routines can help us overcome difficulty and build our resilience.

**Lesson 16: Reflecting on and Celebrating Well-Being**

We reflected on our journey through the Well-Being Program and discussed how we can continue our well-being practices going forward.

**Home Connection**

Connect your child's classroom learning to home. Try these related Home Activity Cards with your household: 1. You Got This, 2. Get the Ball Rolling



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