



Hello Cosgriff Families,

March has been all about **Mindful Seeing**—an essential skill that can enhance your child's learning and social interactions. In today's fast-paced world, being present and fully engaged is more important than ever. By practicing mindful seeing, students can develop stronger focus, better relationships, and a greater appreciation for their surroundings.

What is Mindful Seeing?

Mindful Seeing is a mindfulness practice that involves intentionally focusing on visual details in your environment. It encourages active observation—paying attention to colors, shapes, textures, and movements without judgment—rather than simply glancing at things. This practice enhances awareness, strengthens observation skills, and fosters gratitude.

At school, we encourage students to:

- Observe colors, shapes, and movement in their surroundings
- Notice facial expressions and body language
- Appreciate nature and everyday moments

Helping Your Child See the World with Mindfulness

Practicing mindful seeing at home can be a fun and simple way to help your child become more observant and aware of their surroundings. By engaging in sensory activities, paying attention to details, and practicing mindfulness together, you create a supportive space for exploration and self-awareness.

Here are some easy ways to encourage mindful seeing at home:

Nature Walks – Take a walk together and encourage your child to notice small details in nature, like the colors of flowers, the texture of tree bark, or the shapes of leaves.

"I Spy" with a Twist – Play "I Spy," but instead of just naming objects, describe their characteristics. For example, instead of saying, "I spy something red," say, "I spy something red that is round" or "I spy something red that feels smooth."

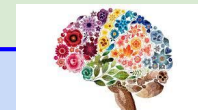
Sensory Exploration – Set up a sensory bin with materials like rice, sand, or different fabrics. Let your child explore the textures while describing how each one feels.

Mindful Eating – Encourage your child to slow down and notice how their food looks, smells, and tastes before eating. This builds awareness and appreciation for their senses.

Object Study – Pick an everyday object and have your child observe it closely. Ask them to describe its color, shape, size, and texture—you may be surprised by what they notice!

By making mindfulness part of your daily routine, you help your child develop focus, patience, and an appreciation for the little details in life. Plus, it's a wonderful way to bond and have fun together!

Our Brain Showing Compassion & Forgiveness



Compassion goes beyond feeling with the other to feeling for the other. Unlike empathy, compassion increases activity in the areas of the brain involved in dopamine reward and oxytocin-related affiliative processes, and enhances positive emotions.

When you practice **forgiveness**, your brain experiences a shift towards decreased activity in areas associated with anger and stress (like the amygdala), while simultaneously activating regions related to reward, empathy, and cognitive control, essentially allowing you to "let go" of resentment and experience a sense of relief, freeing up mental resources for positive thinking and improved emotional well-being.

Thank you for taking the time to read and reflect on last month's activities. If you have any questions or comments, feel free to reach out—I'd love to hear from you! Have a wonderful Spring Break. Raquel Austin ~ "Be Kind to Your Mind"