

Dear Parent or Guardian,

We are excited to share with you that [school name] has chosen to partner with Stop, Breathe & Think, an award winning mindfulness app and in-school and after-school program. Stop, Breathe & Think supports a sense of calm and focus in the classroom and at home, stress reduction, and the development of positive attitudes. Stress is a major cause of behavioral problems and is a barrier to learning. We're happy to pilot a program to help students focus well in the classroom and create a more mindful and kind environment.

Stop, Breathe & Think has previously partnered with several schools in LAUSD (Los Angeles Unified School District), including Irving Middle School as a part of their LACER Afterschool Programs. The results were excellent. Students reported that after taking the Stop, Breathe & Think class, they were better able to:

- Calm themselves down (89%)
- Manage their stress (88%)
- Focus their concentration (80%)
- Manage their anger (80%)

In the classroom, teachers may opt to utilize one of two free mindfulness apps as a supplement to existing curriculum: Stop, Breathe & Think for all ages (ages 11+) or Stop, Breathe & Think Kids (ages 4-10) content. We encourage parents to try the app at home with their children to help support your child's use of the tools offered by Stop, Breathe & Think.

The apps can be downloaded from the app store and streamed on a smartphone, tablet, classroom SMART board or a computer.

To view program materials, please visit <https://www.stopbreathethink.com/educators>

All Ages (11+):

Google Play: https://play.google.com/store/apps/details?id=org.stopbreathethink.app&hl=en_US

Apple Store: <https://itunes.apple.com/us/app/stop-breathe-think/id778848692?mt=8>

Kids App (4-10)

Apple Store: <https://itunes.apple.com/US/app/id1215758068?mt=8>

We are excited about the new implementation of Stop, Breathe & Think content in the classroom to better support your child's academic achievement.

Any questions can be directed to _____.

Sincerely,
