Dear Parents,

Today in our Mindful Life class, we explored the different neurological connections that make up our brain’s wiring. We focused on the impact caused by the things we pay attention to. Thus, the connections that are used the most become the strongest and the fastest.

**Home reinforcement**

**Ask your kids:**

“How is our brain like a highway?”

“How can the practice called ‘STOP’ that you talked to me about last week help create more positive ‘roads’ inside our brain?”

**Practice at home:**

The next time your family is together, take a few minutes to play the **happiness circle.** Sitting at the dinner table or on the floor, go around the room sharing something that makes you happy. To move the turn along, the first person turns to the person on their right (person on the right turns to the first person) and says something that makes them happy. The receiver then turns to the next person on the right and shares, and so on... Continue as many times through the circle as you like. To add some fun, pass each happy thought around with a high five.

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**The Cranial Corner**

At birth, the human brain is in a remarkably unfinished state. Most of its 100 billion neurons are not yet connected in networks. All of our thoughts, experiences and interactions create connections - they shape the neural structure in our brains. In addition to our experiences, our emotions of love, worry, joy, frustration, anxiety and of course stress make physical changes in our neural structures. Even when we are not experiencing an event, our thoughts about an event use the same neural pathways. The more our brain uses a certain neural pathway, the more it likes to use that pathway. This week’s practice helps children understand how their experiences shape their brains and how they can play a role in shaping the kind of brain they want.