

WELCOME TO THE UMBRELLA PROJECT!

This school year, your child will be participating in The Umbrella Project. The Umbrella Project is a curriculum designed to help your child learn the skills of emotional wellbeing. This year we will be focusing on ***gratitude, grit, self-compassion, autonomy, mindfulness, resilience, intrinsic motivation, integrity and hope***. Developing these skills will help your child lead a happier, more successful life. Learn more on the umbrella of emotional wellbeing on our website here: <http://www.umbrellaproject.co/video/>

You are invited to follow along with your child's learning journey for each new skill by subscribing to our weekly newsletter (details below) where we will provide information, stories, challenges and tips about fostering the skill your child is focusing on in class. Caregivers have a powerful impact on childhood wellbeing and your participation will help to deepen your child's understanding of these important skills.

Signup for our Newsletter: <http://eepurl.com/c62pPn>

Join our Facebook Group: <https://www.facebook.com/groups/1995234500551662>

'Follow' our Tweets: <https://twitter.com/umbrellapjct>

You can also follow the Umbrella Project on social media for additional tips, resources and information. Find all the details here:

<http://www.umbrellaproject.co/parent-resources/>

Please email us at admin@umbrellaproject.co to share your stories, ask questions, and give feedback about what has worked well in your home. We would also love to hear your suggestions for improvement. Our goal is to help children prepare for all of life's weather and we welcome opportunities to grow and improve.

Health and happiness,

Dr. Jen Forristal
Founder of the Umbrella Project
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