



DEER VALLEY
Unified School District

20402 N. 15th Ave.
Phoenix, AZ 85027
623.445.5000 Phone
623.445.5086 Fax
www.dvusd.org

SUPERINTENDENT
Curtis Finch, PhD

GOVERNING BOARD
Jenny Frank
Ann O'Brien
Ann Elizabeth Ordway
Julie Read
Darcy Tweedy



November 19, 2020

DVUSD Parents and Guardians,

Every week, your student is learning and practicing social and emotional skills with their teachers. Each month has a different topic of focus. For the month of November, your student is focusing on developing the important skill of practicing mindfulness. These lessons will be taught whether your child returns to campus in-person or joins DVOA for online learning.

Mindfulness is taking time to focus on the present and being intentional and thoughtful about where you are and how you are feeling. It is also trying to center your thoughts and be in the moment.

Here are some simple activities your family can practice:

- Squeeze Muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach and slowly breathe out.
- Mindful Meal: Pay attention to the smell, taste and look of your food. No multitasking.
- Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- Blowing Bubbles: Notice their shapes, textures and colors.
- Coloring: Color something. Focus on the colors and designs.
- Listening to Music: Focus on the whole song, or listen specifically to the voice or an instrument.

Resources to help your family practice mindfulness:

- [How Mindfulness Can Help During COVID19](#)
- [Lesson: Yoga for the Mind and Body](#)
- [Virtual Calm Down Room](#)
- [Calm Breathing Techniques](#)
- [Positive Self talk](#)

Has your family practiced mindfulness through these stressful times? If your child could benefit from more strategies, please reach out to your child's teacher to discuss this and find out how you can build a partnership together to support them with their social and emotional well-being. Additionally, we have compiled several resources for our DVUSD families [here](#).

Thank you for sharing your children with DVUSD!

The DVUSD SEL Team