



If we can swiftly transition into a “good” cycle of kindness and love and gratitude everything that we have and encounter in life will be significantly different from the past in a positive way.



Dear Parent/guardian,

Your child has the opportunity to use our **Emotional Wellness Program** in your school. This unique and yet simple program is based the teachings of **Master Ted Sun**, a nationally renowned philosopher and teacher on a global mission to make our planet a kinder and more caring place for all people. Not religious or controversial, our program is simply based on the universal golden rule and a practice of implementing positive thinking to combat negativity in our lives.

The program is designed to run for six months from January 2024 – June 2024. Each month presents a concept and activities to learn and practice. All materials are downloadable and free as a result of Master Ted Sun’s gift to you and your educational community.

*Our hope is that providing these lessons will “inoculate” young people from all the negative images and messages in social media and the current society they face daily.*

Please know that Master Ted Sun is grateful that you can share his teachings with your entire educational community! Any adults that are interested can learn more directly through his written words.

*You can also listen to his inspirational video message to youth.*

With gratitude and hope

Master Ted Sun



### Some ideas for family fun

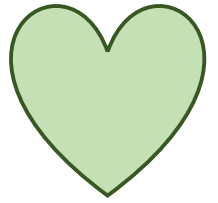
*\*Have your child lead the family in a Visualization.*

*\*Hold hands together as a family and feel the power of your love when everyone closes their eyes!*

*\*Make dinner together and at the dinner table let each family member tell why they are grateful.*

*\*Go on a nature walk. If you can get to some grass, have everyone take off their shoes and feel the earth!*

*See back page for more fun ideas!*



### Why Should We Participate?

Using this program will help middle school students become **self-aware**, **increase self-acceptance**, **practice self-care** and **self-preservation** and finally learn **self-growth**.

- Your child's teacher receives our guide each month. It provides easy to use steps to helping your students find positive energy in their lives to combat negative thoughts and bring happiness.
- Each student has their own guided journal for capturing their ideas. They can practice using these tools to fight depression and negative thinking.
- Each month, you will get a parent flyer that suggests family activities to support love and gratitude in your family.
- The program supports you in implementing the teachings of **Di Zi Gui**, an ancient Chinese book of rules for children. The lessons are about respecting your parents and being safe so that parents don't worry. We include internet and social media safety in our lessons.

**Modern parents have a very difficult time with online safety for their children. As your children become teens, it's more important than ever to teach your children to protect themselves when entering the internet.**

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### Indoor Fun Ideas

- ✓ Lava floor- this is an oldie but goodie. The floor in whatever room you choose (that has room) is Lava. Put out cushions or pillows or mats that you can walk on without stepping on the floor and getting “burned” by the imaginary lava!
- ✓ Paper straws – the next time you go to a fast- food place bring home some straws in paper. Then each family member cuts the end of the paper off on one side and blows into that side to launch the paper. See who can blow it the farthest. If you are careful, you can put the paper back on and keep playing.
- ✓ With those same straws, put some dish soap and water into a bowl. Cover the table with a plastic garbage bag. Blow into the straw to see who makes the biggest bubbles!

Love

Respect

Family



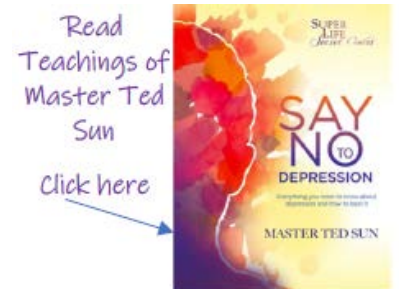
### Outdoor fun ideas

- ❖ Take a piece of chalk and draw a hopscotch board. Play!
- ❖ With the same chalk, make a mark where each family member can start a long jump. Who goes the furthest?
- ❖ Adopt a tree or plant. Really look at the plant to see all the different parts: leaves, roots, stem and what makes it different and unique!



### Bed time ideas

- ∞ Read a book together with each family member reading a page out loud. Discuss the characters.
- ∞ Tell a family history story about relatives your children don't know well or haven't met yet.
- ∞ Camp out indoors in the living room. Bring in the bedding and make believe you are camping outdoors.
- ∞ Make popcorn and watch an old Disney Movie together.
- ∞ Look at family pictures to remember experiences that you had together!



Try Yoga together!