

Family Communication



August 15

National Relaxation Day

Dear Eagle (Insert School Name or Mascot Here) Family,

This Sunday is National Relaxation Day Eagles (insert school name or mascot here)! A day when we slow down, breathe, and relax. Relaxation Day was founded in 1985 by Sean Moeller who was only a fourth grader at the time. He suggested that on this date people should not do anything of real value, only relaxation.

Sean had the wisdom of some of our great neuroscientists who know the value of learning how to reduce our brain's stress response, which is vital to a long, healthy life. We challenge you and your family to do absolutely nothing on Sunday. So, make sure your kids get their homework done on Saturday! You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other _____

We encourage you to cultivate self-care on this day with your family. Watch the videos about self-talk and coping skills with your kids and use the handout to generate discussion.

For questions or more information, please contact me.

School Official's Signature and Contact Information