



Dear Families,

Today, your student learned about situational awareness. Situational awareness means paying attention to what is going on around you. This includes paying attention to where you are, who is around you, what is happening around you, and how you feel in the moment. Students were encouraged to pay attention to their own feelings and tell a trusted adult if something or someone is making them feel uncomfortable. Students practiced making observations of their environment and identifying which of their senses they used to make those observations. Consider practicing this activity in your home or different places your student frequents like a store, park, or community space. Encourage students to take one or two minutes to observe the space around them. Ask them what they noticed in that time. If this is a location they have been to before, ask them if they noticed anything that they do not usually see or hear when they are in that space.

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Grades: Middle School