



## 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 ***empathy, growth mindset, cognitive flexibility, authenticity, purpose, kindness, self-efficacy, optimism and lifestyle***. Developing these skills will help your child lead a happier, more successful life.

If you are interested in learning more about the Umbrella Project visit, [www.umbrellaproject.co](http://www.umbrellaproject.co)

You are invited to follow along with your child's learning journey. Each month we will be teaching your child a new umbrella skill. You can expect to receive a regular newsletter where we will provide information, stories, challenges and tips about fostering the skills your child is focusing on in class at home.

Caregivers have a powerful impact on childhood wellbeing and your participation will help to deepen your child's understanding of these important skills. If you are interested in learning more about applying the Umbrella Project principles as a parent, visit [www.umbrellaproject.co/parents](http://www.umbrellaproject.co/parents)

If you are interested in observing the Umbrella Project in action, you can follow us on your favourite social media channel:

[www.facebook.com/umbrellapjct](http://www.facebook.com/umbrellapjct)  
[www.twitter.com/umbrellapjct](http://www.twitter.com/umbrellapjct)  
[www.instagram.com/umbrellapjct](http://www.instagram.com/umbrellapjct)

Please email us at [admin@umbrellaproject.co](mailto:admin@umbrellaproject.co) to share your stories, ask questions, and give feedback about what has worked well in your home.

We are excited to start this journey together to help children build positive coping skills to prepare for all of life's weather.

Health and happiness,

Dr. Jen Forristal  
Founder of the Umbrella Project  
[drjen@umbrellaproject.co](mailto:drjen@umbrellaproject.co)

