



# Welcome to the Brain 1st Program

Dear [name]

Our classroom is beginning a new program called Brain 1st. It is made up of a series of short, fun, 3D animated videos that will be played every day to help students regulate emotion, increase focus and learning, improve coordination, calm the mind and body, and increase levels of physical activity; all of which are highly critical skills for success both in and out of the classroom. The content provided in this program is supported by several studies that demonstrate the improvements in academic performance, behaviors, physical development, and overall well-being.

Each day, we will participate in a 5-12 minute class delivered online in the classroom. The sessions will take place during regular classroom hours and align with our curriculum so no learning is lost. The sessions focus on areas of the curriculum including social-emotional learning, career, physical education, and health.

We are so excited to be participating in a program with content that has proven outcomes across a wide spectrum of applications in the life of your child. The Brain 1st program contains practices that are linked to improved cognitive and physical function as well as decreases in stress and anxiety.

To learn more about this program from Brain 1st, visit their website at [www.brain1st.ca](http://www.brain1st.ca).

