

# WELCOME TO THE UMBRELLA PROJECT!

This school year, your child will be participating in The Umbrella Project. The Umbrella Project helps your child to learn the skills of emotional wellbeing such as ***empathy, kindness, growth mindset, autonomy, self-compassion, grit and gratitude***. Developing these skills will help your child lead a happier, more successful life. Learn more on the umbrella of emotional wellbeing on our website here: <http://www.umbrellaproject.co/video/>

Each month of the school year, your child will be looking for a new skill in action. Your child will be asked to find stories from their environment that show these skills. These stories may come from anywhere: a movie they watch, a book they read, a neighbour, friend, parent, or even from themselves.

You are invited to follow along with your child's learning journey on each new skill by following The Umbrella Project on social media or by subscribing to our weekly newsletter (details below). We will provide information, stories, challenges and tips about fostering the skill we are focusing on and building emotional wellbeing. Your participation will help to deepen your child's understanding of the skill and help them see it from your perspective.

Signup for our Newsletter: <http://www.umbrellaproject.co/parent-resources/>  
'Like' our Facebook Page: <https://www.facebook.com/umbrellapjct/>  
'Follow' our Tweets: <https://twitter.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 would also love to hear your suggestions for improvement. Our goal is to have a big impact on wellbeing and we welcome all opportunities to grow and improve.

Health and happiness,

Dr. Jen Forristal  
Founder of the Umbrella Project  
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