



## Beth Emeth Early Childhood Center

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**“RELATIONSHIPS, PARTNERS: LOVE IS IN THE AIR”**

But not the typical February kind of love you may be thinking.

One of the things I love about our school is the relationships we build and foster with our parents. At BEECC, we view and treat parents as our partners. It not only allows us to work together as a team in the best interest of the children and open the door for us to get to know our families in a deeper way, it also means we as educators have an endless opportunity to learn and grow – which I love!

Here is one such love story: Last month, stemming from some discussions we were having, a parent offered to teach about mindfulness to our Pre-K children. The teachers and I embraced her idea with open arms. The day she came in to share her expertise, I sat alongside the children and listened as she read a story and then led us in an activity to create our own “mind jar.” We each began with a small jar filled with water (and a little glycerin and soap) representing our mind when it is clear and at rest. We then filled our jars with pinches of glitter representing our feelings and thoughts. The intention is that when we are having feelings – whether it be mad, scared, worried or even sad - we can go to our mind jar, shake it, and

figuratively watch all of the thoughts in our mind (glitter) swirling around. While taking deep cleansing breathes, we quietly watch the sparkles settle, simultaneously feeling the thoughts in our mind settling. This helps us to “relax” or “feel calm” as the children stated. What a treasure it was - and still is. Not only did that parent offer these children a visual and accessible way be self-reflective and mindful, a skill that can serve them throughout their lives, she taught me a new meaningful tool to practice in my life as well, both personally and professionally. I proceeded to pass this tool onto my entire faculty, the religious school, the BEECC community, my family, my friends – and now you!

I love how this example demonstrates that the relationships we build with the parents at the preschool, and genuinely valuing them as our partners, can lead to beautiful things. I intentionally chose to share this story because \*what\* she ended up sharing was an incredibly impactful tool that ultimately can teach us all to be more loving to ourselves. And we all know, a little dose of mindfulness and self-love practiced regularly can go a long way! Can you feel the love? :)

*--Robin*