**Imagine…**

Dear Family,

We are happy to share with you that The Imagine Project will be coming to our classroom this year!

The Imagine Project, Inc. is a 501(c)(3) nonprofit organization that helps every member of your community, adults, and children alike, to process stressful experiences and emotions that get in the way of learning and build empathy for one another by listening to and understanding each other’s stories.

The Imagine Project uses a simple writing tool to process difficult experiences and emotions with the goal of understanding yourself and each other better. It teaches anyone to write their story starting each line with the word “imagine” and using the pronoun “you” to help others to experience empathy.  Each story concludes by imagining a hopeful ending to their story.

Thousands of students worldwide have benefited from writing Imagine Stories.  They have built compassionate communities through the process of sharing and listening to each other’s stories, and they have been able to access learning more easily because they feel more seen and heard.

Every student, teacher, and family member in our class is coming in with their unique story of past school and life experiences, with their specific feelings about starting a new school year, and with hopes and dreams of what this year might hold for them.

To launch The Imagine Project your child has written an Imagine Story about what school was like for them before this year, what feelings they are having about starting this school year, and their hopes and dreams for themselves.

Please ask your child to share their Imagine Story with you, and then please write one of your own to send back to school.  This is a great opportunity to express your past experiences, feelings, and hopes for this new school year with your child’s teacher.  It is our hope that together we can understand one another better and work toward common goals. There are directions and a template for writing your Imagine Story on the back of this letter.

As a family, The Imagine Project can become a great tool to spark conversations about difficult experiences and emotions at home as well.  It is a powerful way to understand each other.   If you’d like to review or download the journals to use at home, please visit [www.theimagineproject.org](http://www.theimagineproject.org).

Thank you!

**Imagine…  Family name \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Begin by thinking about what school has been like for your family up to this point. Describe it starting with the word “Imagine…” and use the word “you” when you write to help your listeners empathize with your experience.**

**Imagine… you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Imagine…you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Use the attached Feelings Wheel to select specific vocabulary to describe your past experiences.**

**Imagine…feeling\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Imagine…feeling\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Finally, end your story by sharing the hopes and dreams that you have for your child, family, and school this year.**

**Imagine…\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Imagine…\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**\*You are welcome to write more if you like :)**

**Chart

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