

Dear [Parent's Name],

We hope this message finds you well. We would like to extend our gratitude for your child's participation in the recent mindfulness meditation session held at [School Name].

To ensure we continue to provide valuable experiences, we kindly request your feedback on the session. Your insights will help us enhance our mindfulness programs and cater to the needs of our students.

1. What did you and your child enjoy most about the session?
2. Do you think the session met your child's expectations? Please elaborate.
3. What suggestions do you have for future mindfulness meditation sessions?
4. Would you recommend this program to other parents? Why or why not?

We appreciate your time and feedback. Please reply by [Deadline Date] to ensure we can incorporate your thoughts moving forward.

Thank you for your continued support.

Warm regards,

[Your Name]
[Your Position]
[School Name]
[Contact Information]