



Peace of Mind

At Lafayette Elementary School in Washington, D.C.

5701 Broad Branch Road, NW

www.teachpeaceofmind.com

We Are ALL Lafayette Day!



This week at Lafayette we celebrated our diversity with a special "We Are All Lafayette Day". We gave out colorful stickers and had wonderful presentations at lunch. Members of the Student Council read quotes about the importance of appreciating diversity and students who speak more than one language shared a few thoughts in their first language. It was wonderful to hear so many different languages and cultures represented. Many children brought in their We Are All Lafayette posters and Ms. McLaughlin and some parent volunteers are working to put them together into one powerful work of art. We celebrate this every day at Lafayette with our Peace program!

You can always read more about Peace of Mind, join our mailing list, and find out about current events at our website: www.teachpeaceofmind.com. You can also follow us on Facebook. Contact Linda at Linda.Ryden@dc.gov or Jillian at Jillian.Diesner@dc.gov

Upcoming Events:

January 10, 2017 3:30-5:00

[Community of Practice
gathering](#)

Recommended Watch:



Life insurance commercial on kindness



In a video called "The Lie," 4th grade students at Stedwick Elementary School in Montgomery Village, Md., describe bad stereotypes they've heard about people who look like them. (Courtesy: Kevin Pastor/Untitled Productions)

["The Lie" - Washington Post
article and video](#)

More Peace News



Mindfulness Practice

Four Square breathing - in 3rd, 4th and 5th grade we've begun learning a breathing technique called Four Square Breathing. To do it you breathe in for four counts, hold your breath for four counts, breathe out for four counts, and then wait for four counts and repeat 3 or 4 times. This technique can really help to calm your heart rate when you are upset, angry, nervous, or anxious. Give it a try!

D4MG - We have started a Mindfulness Group called D4MG because it meets on Day 4. But due to popular demand the group now meets on Day 4 and Day 6. It is for 4th and 5th graders and takes place during Flex Time (1-1:30). We do lots of different things in Mindfulness Group including mindful listening with bells, mindful movements, counting how many steps it takes to walk from the front door to the Peace Room, breathing with pinwheels, and creating Mind Jars. If you think your child might be interested in joining us please let me know and I will reach out to them. Or just tell them to drop by. They don't have to sign up and they don't have to come every time. It's very casual and just gives us a little more time to explore mindfulness together!

In Pre-K and Kindergarten Mindfulness practice we have been practicing Heartfulness by imagining a loved one in our thought bubbles and sending kind thoughts and gratitude to that person. This week we practiced Heartfulness for ourselves, the most important person of all!



Social and Emotional Learning

In Pre-K and K Peace classes we have been learning how to be part of a large group. We've learned about teamwork, sharing, and respecting each other's differences. It's okay to have different thoughts and ideas, but we always treat each other with kindness no matter what!

In all classes from 1st - 5th grade we spend our Peace Class time making Thank You cards for some of our staff who are not given enough appreciation. We made cards for our very hard-working custodians, for our office and admin staff, for the wonderful lunch cafeteria workers, for our specials teachers and specialists and our resource teachers. It was a lot of fun and the kids absolutely love



We are all Lafayette!

Ask Your Child:

For Pre-K and Kindergarten:

How are we both different and the same? What does respect mean?

For 1st-2nd Grades:

Can you tell me about the story The Name Jar? Why was Unhai afraid to tell the kids in her new class her real name?

For 3rd-4th Grades:

What is a Kindness Chain? Can you tell me about the video you saw about kindness from Thailand?

For 5th Grades:

What does stereotype mean? What can you say when you hear someone say a demeaning or negative stereotype?

doing it. Many of them got to hand-deliver their cards which was very meaningful for them. The staff were thrilled with the beautiful cards and the love that they expressed.



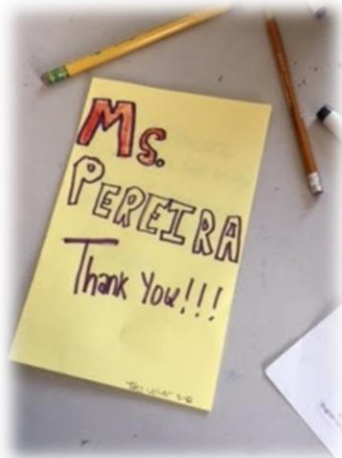
Creating a Kinder and More Inclusive School

In Pre-K and K we've been talking about what makes us different AND what makes us the same. We have named ways we are the same in the class, the school, the city, and our world. We decided ALL kids all over the world like to have fun and feel loved. This makes us more the same than we are different.

In first and second grade we've been thinking about diversity by focusing on our names. We shared what we knew about our names - the meaning, who we were named after, what our country our name is from, etc. Then we read a lovely book called *The Name Jar* about a little girl who moves to the US from Korea and feels self-conscious about not having an "American name".

In third and fourth grade we've been focusing on kindness and thinking about the effect that our actions have on others. We watched a wonderful video (that is actually a life insurance commercial from Thailand!) that shows how one person's kind actions can create a chain of kindness and change the lives of everyone around him. You'll find the link to the video in the Recommended Watch section of the newsletter.

In fifth grade we have been tackling the issue of demeaning stereotypes. I highly recommend watching the video called "The Lie" that you will find in the Recommended Watch section of the newsletter. It features a class of fourth graders in Montgomery Village, MD who wrote poems to describe their feelings about demeaning stereotypes that they had heard about people who look like them. It is very powerful and moving. We had wonderful discussions about what makes something a stereotype, how we feel about them, and how we can help to refute them by standing up for others when we hear them.



Peace Club Fun!