



Peace of Mind

At Lafayette Elementary School in Washington, D.C.

5701 Broad Branch Road, NW

www.teachpeaceofmind.com

Recently In Peace...

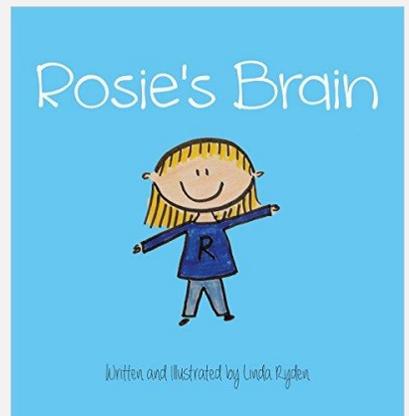


We are excited to announce our first Peace of Mind storybook, Rosie's Brain! Rosie's Brain teaches kids about the parts of the brain that help us manage anger and calm down, and how to use mindful breathing to deal with big feelings. Rosie's Brain is written and illustrated by Linda Ryden. We are reading Rosie's Brain in Peace Class this week (in grades 3-5) and we'll read it in grades 1 and 2 after the break when we begin our unit on feelings and conflict resolution.

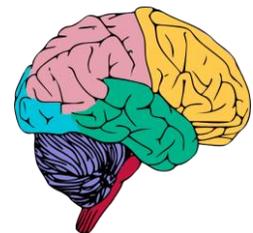
You can always read more about Peace of Mind, join our mailing list, and find out about current events at our website: www.teachpeaceofmind.com. You can also follow us on Facebook. Contact Linda at Linda.Ryden@dc.gov or Jillian at Jillian.Diesner@dc.gov



Recommended Read



Written and illustrated by
Linda!



More Peace News



Mindfulness Practice

In 1st-5th grade we've been learning a mindfulness practice we call Heartfulness. This is a wonderful, enjoyable way of increasing our capacity for compassion and kindness. To practice we first think of a person in our lives who makes us happy and then we think some kind thoughts about them. We say "May you be happy. May you be healthy and strong. May you be peaceful." Then we think those same kind thoughts about ourselves and then we send those kind thoughts to everyone in the world. The practice is often very moving and it is lovely to hear the children share what it felt like to think kind thoughts about people in their lives. The first graders made little posters to take home to share the Heartfulness practice with their families.

In Pre-K and Kindergarten Mindfulness practice we have been paying special attention to our thoughts, and are noticing where our brains wander when we sit quietly. We are also just beginning to practice Heartfulness as described above, by imagining a loved one in our thought bubbles and sending good thoughts to that person. This practice increases empathy and gratitude for others.



Social and Emotional Learning

In Pre-K and Kindergarten we continued learning about feelings, and how our feelings can be different sizes. We used a 1-5 "feelings thermometer" to describe feelings, with a 1 being "calm and cool" and a 5 being "out of control." We also defined **calming down** as doing something to help a big feeling become smaller. We learned about how our thoughts are connected to our feelings, and made "thought bubbles" to illustrate this concept.

In 1st-5th grade we have been thinking about those who are less fortunate. In conjunction with our Halloween Candy Drive we made cards to send to the homeless shelter with the candy. The cards included messages of love, caring, and concern. The beautiful, heartfelt cards mean so much to the people who come to the shelter. It was wonderful to see the children pouring their hearts into these cards. Look for pictures of cards made on Page 3!



Heartfulness

Ask Your Child:

For Pre-K and Kindergarten:

Who is your new kindness pal?

What does **calm down** mean, and how do you do it?

How do thoughts and feelings go together?

For 1st-5th Grades:

Why did you make cards in Peace Class? What was your message?

Can you show me how to do Heartfulness?

For 3rd-5th Grades:

What is *Rosie's Brain* about?



Creating a Kinder and More Inclusive School

Similar to other schools' recent displays of positivity and inclusivity for ALL students, Lafayette will hold its first annual "We Are ALL Lafayette" Day celebration. On this day we will celebrate with positive messages and acts of kindness. We plan to continue the learning about our rich diversity at Lafayette throughout the year with an International Day celebration and other events. Stay tuned for more details, forthcoming soon!

Thanks for another very successful Halloween Candy Drive for the Homeless! We collected a mountain of candy that our friends at Bethesda Cares will be sure to share with folks coming in needing some help and support. Thank you for helping your child experience the good feeling that comes with helping others.

