

Peace of Mind Newsletter

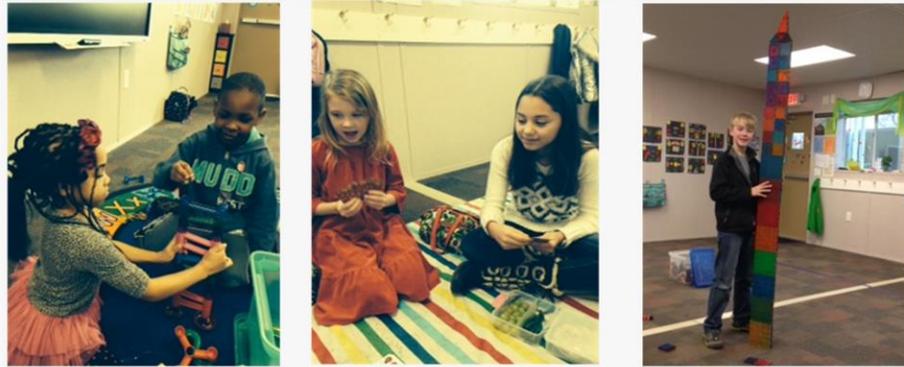
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This Week in Peace Class...

Peace Club Has a New Home



Peace Club is back! Peace Club is an alternative lunch/recess option for kids in grades 1-5. We meet in Ms. Perll's trailer on Tuesdays, Wednesdays, and Thursdays to play games, build with Legos, Magna Tiles, make marble runs, and draw. Peace Club rules are very simple: be kind to everyone, share everything, include everyone, and help clean up. Peace Club rocks!

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Video of the Week:

Lafayette's Peace of Mind program and Ms. Jensen's third grade class [were featured in a news story on KDKA TV in Pittsburgh!](#)



First through Third Grade Peace Updates

In first, second and third grade we have been continuing our learning about how our brains work. We have read stories and acted out stories about characters who have "flipped their lids" or lost their temper and we have practiced ways of getting our lids back on. I'm sure you have started to hear your child say surprising things like "My amygdala made me yell at my little brother!" Understanding how our brains work when we are experiencing strong emotions can be enormously empowering. We are helping our students to understand, recognize, and deal with their strong feelings so that they don't feel like they are being controlled by them. This is an important skill we will continue to build on for years to come!

-Linda

**At Lafayette, we
Speak, Act, and Move
Mindfully**

We're on the Web at:

www.teachpeaceofmind.com



Like Peace of Mind
on Facebook

Ask Your Child

**“Who is D.O.F.
and what does he
get kids stuck
on?”**



**“What are you
DETERMINED to
learn how to do?”**

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Fourth and Fifth Peace Class Updates

In fourth and fifth grade we are learning about our brain's "Negativity Bias". Have you ever noticed that when you get home from work and reflect on your day your mind always dwells on what went wrong? Even if a bunch of nice little things happened – the metro wasn't too crowded, a co-worker complimented you, your lunch was delicious – we tend to focus on something negative. As we have learned in Peace Class our amygdala is the security guard of the brain, always on the lookout for danger and threats. This can be really helpful in keeping us safe from harm but it also means that our brains are wired to focus on the negative. We have learned that our brains are "like Teflon for good things and Velcro for bad things." Our brains hold onto and remember negative experiences in order to help us avoid repeating them. Unfortunately that causes us to think that many more negative things are happening to us and we tend to overlook the positive. It is possible to override this negativity bias through mindfulness. Taking time to really focus on and savor the good things that happen, no matter how small, can rewire our brains to remember and store those good memories in with the bad. The more we practice noticing and being grateful for positive things both big and small we can train our brains to notice the positive. This doesn't mean that we overlook negative things and focus on positive thinking. It just means that we take a more realistic view of what is really happening in our lives both good and bad.

- Linda

Pre-K and K Peace Class Updates

In our classes we have continued learning concepts of flexibility and applying them to our everyday behaviors. We have learned about being **Determined** and not giving up just because something turns out to be harder than expected. We watched [a Sesame Street song with Bruno Mars](#) to reinforce this concept, and drew pictures of something we are determined to learn how to do. This week we met a new character from the Superflex curriculum by Michelle Garcia Winner named **Destroyer of Fun (D.O.F.)** who works with Rock Brain to get us stuck on winning, cheating, or arguing during games. He destroys our enjoyment of fun activities by getting us too focused on winning. Many kids could relate to this character (and perhaps parents, too?) Finally, we played "rock, paper, scissors" with our kindergarten kindness pals to practice saying "Good Game!" whether we win or lose.

- Jillian