

Issue 8
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Peace of Mind Newsletter

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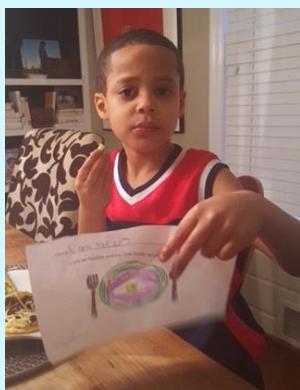
This Week in Peace Class....



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Picture of the Week:



Cassius in Ms. Shapiro's Green Base wanted to prove he was a *flexible eater* and tried guacamole at home. Great job, Cassius!

Put a smile on your mind!



In many of my 1st, 2nd, and 3rd grade classes we've been enjoying an app called **Smiling Mind**. This is a mindfulness app for kids that comes from Australia. It is a fun and free app that allows kids to practice their mindfulness at home. The kids have loved doing "The Bubble Journey" in Peace Class and many have asked me how they can use it at home. On an iPhone or iPad look for Smiling Mind in the App store. You can also find it online at www.smilingmind.com.au.

- Linda



Peace Club is back! Peace Club is an alternative lunch/recess option for kids in grades 1-5. We meet in Ms. Perl'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!

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

We're on the Web at:

www.teachpeaceofmind.com



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Ask Your Child

***"Where is your
PFC, and what
does it do?"***

***"What are the
primary jobs of
the Amygdala and
Hippocampus?"***

***"What does it
mean to be a
flexible thinker?
What does it
mean to get
stuck?"***

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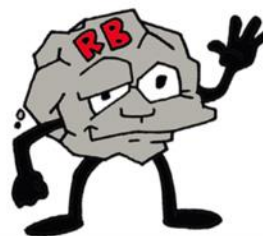
Third through Fifth Peace Class Updates

In **third grade, fourth and fifth grade** we have continued to learn about our brains and neuroscience. In some classes we have done skits to help us remember the roles played by our prefrontal cortex, amygdala, and hippocampus (see last week's newsletter); in some classes we've acted out stories; and in some classes we've been learning a rap called "Don't Flip Your Lid." The rap is by a wonderful rapper called Just Me who re-writes songs so that they are about different aspects of mindfulness. [Here's a link](#) to "Don't Flip Your Lid".

- Linda

Pre-K and Kindergarten Peace Class Updates

SUPERFLEX[®]



In our pre-K and K classes we have continued learning about flexible and inflexible behaviors. We have introduced the characters of *Superflex* and *Rockbrain*, courtesy of Michelle Garcia Winner's social thinking curriculum of the same name. We watched a funny, short [Sesame Street video](#) that showed us what it means to be a *flexible thinker* and to have a *flexible plan*. Learning how to be flexible is really the springboard for the rest of our year's learning in Peace Class...and a major milestone for your 4-6 year olds! We have begun talking about how flexibility helps us try something new (including new foods and), meet new people, and experience new activities. We will move on to talk about how flexibility helps us stay determined and not give up when learning a new task, control our bodies to match the different environments we are in (home, classroom, playground, etc.), respect others who may be different from us, and work out conflicts peacefully. [Studies show](#) that there is a positive correlation between cognitive flexibility in adults and communication competence as well as social success. Those are skills we definitely want our children to have both now AND in the future!

- Jillian