

Peace of Mind Newsletter

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This Week in Peace Class....

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Recommended Reads:

[American Girl: Forever Family](#)



When Makai and I were first adopted, everything we had was stuffed into trash bags, one for each of us.

Dates and Events

- ❖ Comfort Cases Packing Party
11/22 at 1pm



We made cards of caring for the Bethesda Cares Shelter.

At Lafayette, we Speak, Act, and Move Mindfully

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Ask Your Child

*"How do you send
kind thoughts to
people during
mindfulness? Who
have you sent kind
thoughts to?"*

*"Did you fill
someone's bucket
today?"*



We're on the Web at:

www.teachpeaceofmind.com

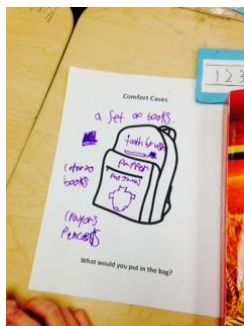


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First through Fifth Peace Class Updates

First through Fifth Grade: We have been thinking about gratitude and generosity and kindness. We collected a mountain of candy and made beautiful cards of caring for people who come to the Bethesda Cares Community Shelter. We talked about homelessness and learned that many people without homes are children and families who are facing hard times. We made cards to tell people that we care about them. The children really enjoyed this project and their messages were lovely and heartfelt. Our friends at the shelter tell us that these cards are treasured by the people who receive them.

We continued our focus on kindness and compassion by learning the story of a girl in foster care and talked about how we could help other kids in foster care by participating in the Lafayette Gives Back project **Comfort Cases**. We talked about the difference between "wants" and "needs" and how important it is to be grateful for what we have and to try to help others, even in small ways, whenever we can. - Linda



Pre-K and Kindergarten Peace Class Updates

In our youngest Peace Classes we have continued to learn about what it means to be mindful, or careful and noticing, of our words and actions. We practiced mindful listening to a bell with three chimes and tried to guess which chime we heard. We brainstormed all the mindful words and phrases we know, like "please," "thank you," and even "would you like to play with me?" In all classes we are reading one of my favorite books: *Have You Filled A Bucket Today?* by Carol McCloud. Kindergarteners practiced filling (paper) buckets for their kindness pals. In the coming weeks we will build on this lesson and "fill buckets" for our teachers, staff, and community workers as we continue to learn about concepts of gratitude, kindness, and generosity throughout November and December. Think about ways you can help your child fill buckets at home, too, during this season of Thanksgiving!

- Jillian