

Peace of Mind Newsletter

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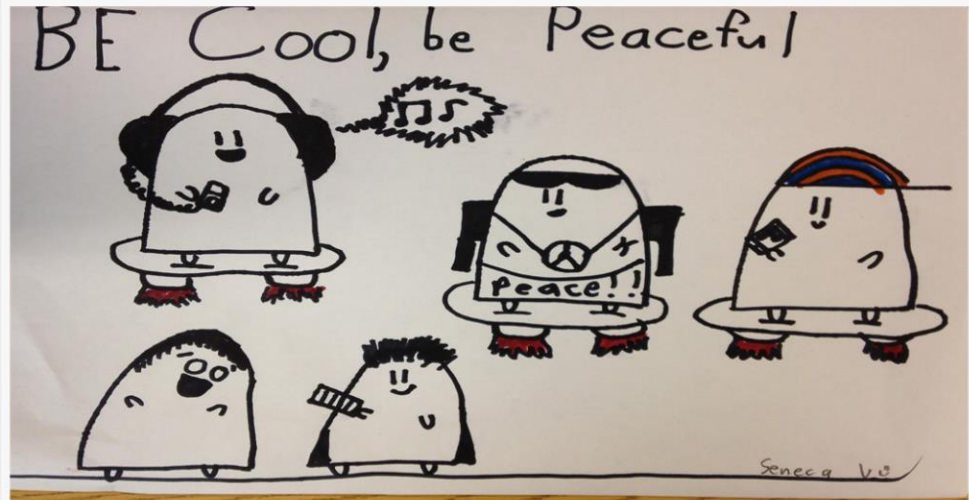
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This Week in Peace Class....

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Good Read of the Week:

Interested in learning more about the brain and the [Negativity Bias?](#)

First through Fifth Grade Peace Updates

In first through fifth grade we have been learning about Conflict Resolution. We are learning about the concept of conflict – that conflicts are just problems. They can turn into fights but they don't have to. We have been acting out stories about conflicts and reading story books about conflicts. You might ask your child to talk about what part of your brain is in charge when you get into a conflict that is getting bigger. **In second and third grade** we are learning about the **Conflict Escalator**. This is a way of thinking about what makes conflicts get bigger or escalate. Ask your child to tell you what is at the top of the Conflict Escalator. The answer is: Trouble!! **In fourth and fifth grade** we have been reviewing what we learned last year about conflicts and the conflict escalator and we have been acting out skits that illustrate these concepts. Ask your child to tell you what behaviors cause a conflict to escalate.

-Linda

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

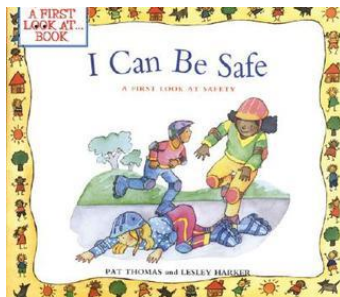
We're on the Web at:

www.teachpeaceofmind.com



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Ask Your Child
*What is one good
thing that
happened at
school today?*



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Gratitude Practice

Tell Me Something Good.... The sounds of Rufus and Chaka Khan were ringing through the hallways this week as part of our focus on gratitude and noticing the little good things in life (see this week's Good Read on the brain's Negativity Bias). In 4th and 5th grade we took turns sharing little good things we noticed in nature this week and every time a student shared we would sing "Tell me something good..." If you're too young to remember here's a taste: <https://m.youtube.com/watch?v=OB4JDJiet5M>

Pre-K and K Peace Class Updates



In our youngest grades we have started our unit on Self-Control. There's a great series of Sesame Street videos featuring Cookie Monster trying to have self-control called [Star S'mores](#), use whole-body listening in [The Biscotti Kid](#), and listening to *all* directions in [The Spy Who Loved Cookies](#). These are not only funny for kids and adults alike, there is also [research out of the University of Iowa](#) that shows this series has measurable benefits for children! Researchers found that children who viewed these and other segments were able to delay gratification longer and have better impulse control than children who did not. So if your child comes home saying "we watched TV today in Peace Class" please know it's for a very good reason! We will continue with this three-part series after Spring Break.

Due to some recent incidents in the community, we took a pause in our Self-Control series to hold our annual "I Can Be Safe" discussion with students a bit earlier than usual. In all Pre-K and K Peace Classes, we read the book pictured at left (which you can see being read in [this YouTube video](#)). This is a simple way to introduce children to the idea that they can be empowered and help keep themselves safe. Utilizing this resource, we discussed safety topics such as knowing a parent's phone number, dialing 911, trusting your instincts, and being able to say "No!" if anyone tries to talk to you or touch you in a way you don't like. Please feel free to check out these resources or contact me if you would like additional information.

- Jillian