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# Peace of Mind Newsletter

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## This Week in Peace Class....

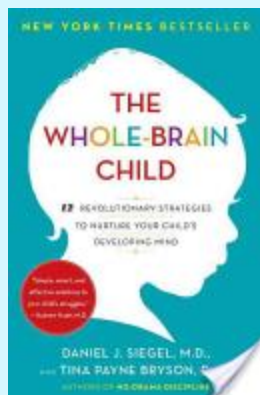
Dear Parents,  
Welcome to the third issue of our new Peace of Mind Newsletter!

Halloween is upon us and that means it's time again for our annual Halloween Candy Drive for the Homeless. Every year at Lafayette we collect candy to send over to the Bethesda Cares Homeless Shelter. Last year we collected so much candy that our friends at the shelter were able to give a piece of candy to everyone who visited the shelter for a whole year. You might be wondering: "Why Bethesda Cares?" Lafayette grads Nina and Kyle Clemente work at the shelter and are willing to collect all of our candy and then bring a little to the shelter each week of the year. "Shouldn't we be giving people healthy food?" People going through hard times have very few treats. After the healthy meal they receive at Bethesda Cares getting a little sweet surprise really means a lot. Help us to help others by bringing in your extra Halloween candy on Monday – Wednesday of next week. Deliver your candy to The Oasis in E101.

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### Recommended Read:



*The Whole Brain Child:  
12 Revolutionary  
Strategies To Nurture  
Your Child's Developing  
Mind, by Daniel  
Siegel, M.D.*

### Pre-K and Kindergarten Peace Class Updates

In our Pre-K and K classes we have been talking more about the word "mindful" as we practice our mindful moment at the beginning each class. I tell the kids that another word for mindful is "careful" or "noticing". I have been instructing the children to put their hands on their chest or tummy and notice their breaths as we pause for a moment of stillness and quiet. When they hear the bell, they listen until it stops and then raise their hand. We share what we noticed during our mindful moment. Some students notice that their chest rises and falls, others notice that their tummies feel ticklish. Some students noticed that our breath is always with us, wherever we go. This is a great first step in helping children learn how to notice their feelings, name them, and then begin to problem solve when necessary to help resolve uncomfortable feelings. That little space, the "noticing," is the beginning of mindfulness practice.

We've also been learning about Teamwork (PK) and The Group Plan (K) as we talk about working together to accomplish goals and have fun in school. When one person decides to do their "own plan" and not follow the group or work with the team, it can hurt everyone else. So far our little ones are doing a great job being on their teams!

Jillian

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

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**Ask Your Child**

*"What are you  
noticing (mindful  
of) in your body  
right now?"*

*"Can you name the  
feeling you're  
having?"*

**Dates and  
Events**

- ◆ 11/2-4 Halloween  
Candy Drive
- ◆ 11/5- Peace of Mind  
Overview and Q&A  
(Evening Meeting)

We'll soon be on the  
Web at:

[www.teachpeaceofmind  
.com](http://www.teachpeaceofmind.com)



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**First through Fifth Peace Class Updates**

**First and Second Grade:** In first and second grade we have been talking about breathing. We have been practicing deep belly breathing by lying down on the floor and putting little river rocks on our bellies. We practice our deep belly breathing so that we can use it to help us when we are angry, sad, nervous, or having a hard time falling asleep at night. We have been moving mindfully by trying to be Ms. Ryden's reflection in the mirror while I do a series of movements. This slow deliberate movement is very calming and helps children to connect their bodies and their minds.

We've enjoyed some fun storybooks in first grade including Mouse is Mad about a mouse who learns to use his deep belly breathing to help him to calm down when he is angry. And in second grade we've read One of Us about a new girl at school trying to fit in, and The Invisible Boy about a boy who feels invisible until a new boy comes to school and sees him for the special person he really is.

**Third through Fifth Grade:** We've been talking about feelings. In 3<sup>rd</sup> grade we've been playing Feelings Charades which is a fun game in which we try to act out different "feelings words" and get the rest of the class to guess. This is a fun activity that helps us to notice where in our bodies we feel different emotions.

In 4<sup>th</sup> and 5<sup>th</sup> grade we've gone deeper in exploring where we feel our emotions in our bodies. In our mindfulness practice I've been telling a story and asking the kids to imagine it happening to them and to imagine how they would feel. We've been especially trying to notice where in our bodies we feel different emotions. You might ask your children to talk about different emotions – anger, sadness, dread, fear, happiness, excitement – and talk about what they feel like in our bodies. This practice can help us to notice our feelings when they are small and we still have choices in how we deal with them. As we all know when our emotions get really big they can get out of control and we don't always have such an easy time taking care of them.

**Peace Club:** We continue to have lots of fun outside at Peace Club. Ms. Diesner, Ms. Mosby, and I are trying to be available during several recess times throughout the week. Please tell your child that if they are feeling a little lonely or sad or if they are having a hard time finding someone to play with at recess they should come to Peace Club and we will try to help.

- Linda