



Support for *Peace of Mind*

Peace [of Mind] Class with Ms. Diesner is something I personally look forward to as a teacher. I have the privilege of witnessing my students begin their journey of finding their center and their place of stillness. Even with very young children, it is possible. I think Peace [of Mind] Class empowers these little ones to have a way to recognize, channel, confront, and engage their emotions.

Irene Taguian, Pre-Kindergarten and Special Education Teacher

I have found that Peace [of Mind] Class, and mindfulness in particular, has been especially helpful for students who struggle with controlling emotions and are easily upset. We take time each day to practice, and then students are able to practice on their own later as needed.

Liz Ritchie, Kindergarten Teacher

I find Peace [of Mind] Class helps the students get in touch with their feelings, and teaches them how to cope with situations in and out of the classroom. Implementing Mindful Moments during breaks helps students, and they are able to focus better in class and complete their assignments in a timely matter.

Lynda Henderson, Kindergarten Aide

The hard work and dedication that Jillian puts into teaching Mindfulness at Lafayette has paid off in major ways. Most notably is the fact that we no longer have a place where children who misbehave are sent. The need no longer exists because practicing Mindfulness has eliminated it.

Jacqueline Snowden, Assistant Principal

Mindfulness has taught our students how to focus and develop their sense of self-awareness and concentration. Additionally, our students are kind and cooperative but most importantly, inclusive, which is remarkable in our changing society.

Stephanie Mayhew, Assistant Principal