



Welcome to Week 9 of Virtual Peace Class!

Dear teacher,

This week, let's talk about **Love!** This is how I teach this short virtual lesson to my class:

Let's talk about the love that we feel for our families, friends, pets, teachers, all of the helpers, the doctors and nurses, and our fellow human beings. There are so many ways to share the love: we can write letters, send cards, draw pictures, just say "I love you!", make videos, post notes in our class chat, write in chalk on the sidewalk.... The list goes on and on.

We can even share love through our mindfulness practice. Research shows that being kind to others and letting them know how we feel can make us feel better in our minds and our bodies and can make us want to show more kindness.

The Dalai Lama, a famous peace leader from Tibet, said "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Practicing compassion means being kind to others and showing them love. It makes you happy and it makes them happy, too!

Mindfulness

Do some mindfulness this week! Click on the video to enjoy a mindfulness practice called [Heartfulness with Ms. Ryden](#)

How does your garden grow?

Ms. Ryden planted a little Paw Paw tree in her backyard. Here's what it will look like when it is grown:

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Her tree survived the attack of the bunnies last week and is doing well. Check out the new Paw Paw Tree video! <https://youtu.be/hN82DraVmik>

That's all for this week!

Since I don't get to see you every day I love to hear from you! Post your comments, questions and ideas in [*wherever your class communicates*].

For more information, videos, and activities you and your students can go to the Peace of Mind website: <https://teachpeaceofmind.org/for-kids-new/>

Have a great week everyone!!!

With much love, Ms. Ryden.

