



Welcome to Week 1 of Virtual Peace Class!

Dear teacher,

This week we are going to be talking about **Gratitude!**

Even during hard times there are always things to be grateful for. Sometimes you just have to look a little bit harder. Practicing gratitude can make you feel happier and can make you want to be kinder to others. Seems like something we could all use right now!

Here's the way I teach this 15 minute virtual class to my students:

Watch this video to practice some mindfulness. Peace Teacher Ms. Ryden will lead you through a mindfulness practice called "See, Hear, Feel". It's a great way to really notice what is happening right now in the present moment.

Then we'll be talking about Gratitude and the Negativity Bias. The Negativity Bias is our brain's tendency to focus on and remember negative things. We can hack that negativity bias with a focus on gratitude to make sure that we aren't missing out on all the good things that are always around us.

There's also a game that you can play with someone in your family in the video. You might remember doing it in Peace Class. Check it out here!

[Gratitude and Negativity Bias Video](#)

After you play the game with someone in your family, you can post about it in the Chat [**wherever your class can communicate with you!**] I'd love to hear about what you are feeling grateful for today.

Sergio Sees the Good!! Watch this video to hear Ms. Ryden reading my book *Sergio Sees the Good* which is all about gratitude and the Negativity Bias.

[Ms. Ryden reads Sergio Sees the Good](#)

Have a great day everyone!

With much love,

Ms. Ryden

