



Welcome to Week 4 of Virtual Peace Class!

Dear teacher,

This week we are talking about **the Brain**. This is how I teach this short virtual lesson to my students:

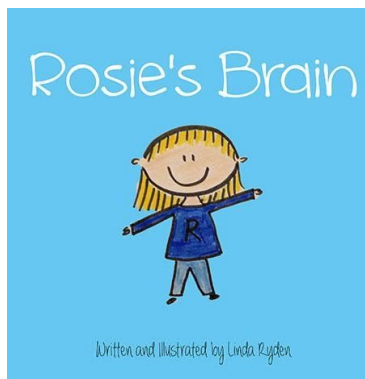
Brainy!!

Last week we talked about worrying and about how the amygdala plays a part when we worry. Check out this video to hear Ms. Ryden and Brainy talk about three important parts of the brain:

Why should we learn about our brains?

Understanding what is happening in our brains when we get mad or worried or scared can be really helpful. It can help us to understand that our feelings are normal parts of the way our brains work and not our fault. We still have to take responsibility for our actions, but knowing how our brains work can make our strong feelings less scary. Even better, mindfulness gives us something to do to take care of our brains. Click on the link below to listen to Ms. Ryden read her book *Rosie's Brain*.

[Rosie's Brain](#)



Let's do some mindfulness!

Mindful breathing is a great way to take care of your amygdala or “Amy” when it takes over. If you aren't really in danger you don't really need your amygdala to be in charge. Taking slow deep breaths sends a signal to your amygdala that everything is okay, and it can go back to its job of quietly keeping us safe. Click on the links below to practice Gravity Hands and Take Five Breathing:

[Gravity Hands](#)



[Take Five Breathing](#)



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.

