



Welcome to Week 5 of Virtual Peace Class!

Dear teacher,

This week we are practicing mindfulness outside! This is how I teach this short virtual lesson to my class:

Mindfulness outside

If you can, take a little time to go outside today and mindfully pay attention to what is beautiful around you.

But now, let's do some mindfulness! Mindful listening is a fun way to really pay attention to what is happening right now in this moment.

Click on this video to practice some mindful listening with Ms. Ryden and her son Henry! [Mindful Listening](#)

How does your garden grow?

Ms. Ryden planted a tiny little Paw Paw tree in her backyard. Here's what it will look like when it is grown: Click on this video to see what it looks like now! [Paw Paw Tree!](#)

Henry and the Cherry Tree

Check out this video of my Ms. Ryden's son Henry doing some mindfulness with a cherry tree in our backyard! [Tree Mindfulness with Henry](#)

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.

