



Welcome to Week 6 of Virtual Peace Class!

Dear Teacher,

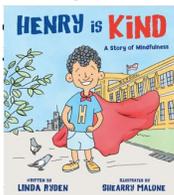
This week we are thinking about **kindness**. This is how I teach this short virtual lesson to my class:

Kindness is a wonderful thing because when you are kind to other people it makes them happy and it makes you happy too! Doing acts of kindness lights up the same parts of our brain as special treats like ice cream sundaes. Our brain gets excited and happy when you do kind things. Plus, doing kind things for others is a great way to distract your mind if you are feeling worried or upset. So, let's get busy being kind!

You have homework!!

Don't panic – here's the assignment. Choose a Kindness Pal. This could be someone in your family, your pet, a friend, or someone you don't know like your mail carrier or the UPS delivery person. Think of a way to do something kind for that person, and then do it! How do you feel?

Storytime



This week there our storytime video is of author Linda Ryden's son Henry reading her book, Henry is Kind. I hope you enjoy hearing this story! <https://youtu.be/2VhPOzQmSgo>

Mindfulness

Do some mindfulness this week! Click on <https://youtu.be/BSR4a-dRxic> and do some Take Five breathing with Peace Teacher Ms. Ryden!

How does your garden grow?

Ms. Ryden just planted a tiny little Paw Paw tree in her backyard. Every week she'll make a new video so you can follow its progress. Here's what it will look like when it is grown:



Click on <https://youtu.be/Hqp50UbK2BE> to see how much it has changed!

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.

