



Welcome to Week 7 of Virtual Peace Class!

Dear teacher,

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

Some people have a really easy time sleeping. For some of us sleep can be tricky. Maybe you are like me and as soon as you lie down at night your mind decides it's time to party! All of the worries and thoughts come out to play. If that's true for you then here are some things you can try.

Mindfulness

Lots of the mindfulness practices can be helpful when you are falling asleep. Heartfulness can help your mind focus on good things – like all of the people that you love. Gratitude practice – thinking about all of the little good things – can help your mind to focus on good things rather than worries. A body scan can be a great way to help your body relax. Visualization is one that most people enjoy and it's a great one to do at night or at any time when you want to relax. Here's a video that you can watch or listen to if you want to do some visualization at home.

[Visualization with Ms. Ryden](#)

Sleep Stories

There is an app called Calm that has some great sleep stories. They are recordings of stories read in a very calm and quiet voice that can help to distract your mind and make you sleepy. I love listening to Anne of Green Gables, The Wind in the Willows and A Little Princess. You can find out about Calm here: <https://www.calm.com>. Ask your parents if you can subscribe – it's free!

Enjoy a Bedtime story. I love it when people read me stories, don't you? This week I'm going to be reading you one of my favorite stories from my childhood. [*Choose a story you loved to hear as a child and share it with your class.*]

Kindness! Did you do your kindness homework yet? 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.

Then – draw a picture of it and upload it [*wherever your class communicates*]. Or you can write about your kind act in the [*wherever your class communicates*]. But make sure you do something kind!



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

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.

