



Welcome to Week 8 of Virtual Peace Class!

Dear teacher,

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

Have you ever said something and then right away wished that you hadn't said it? Words are like toothpaste – once the toothpaste is out of the tube there's no way to get it back in. The same is true of words. Once you say them you can't "un-say" them. So it makes sense to take a moment to think before we say something. That's why Peace Teacher Ms. Ryden came up with the THINK Test! To find out what the THINK Test is check out these two videos. In one video, we'll learn about what the THINK Test is and how you use it. In the other you'll hear Ms. Ryden's daughter Rosie read her book *Tyaja Uses the THiNK Test*. Enjoy!

[Learn about the THiNK Test with Ms. Ryden](#)

[Rosie Reads Tyaja Uses the THiNK Test](#)

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.

Mindfulness

Do some mindfulness this week! Click on the video to enjoy a mindfulness practice called [See, Hear, Feel](#).

How does your garden grow?

Ms Ryden planted a tiny little Paw Paw tree in my backyard. Here's what it will look like when it is grown:



Big drama with the Paw Paw Tree this week! Click here to see for yourself. [Paw Paw Week 4](#)

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.

