Many Thanks
Lafayette School

BE HERE.
BE YOU.
BELONG.

This school belongs to all of us.
Goals:

1. To teach you that your brain is always growing and you can control parts of your brain.
2. To remind you to be self aware of your feelings, thoughts and the impact that your thoughts, feelings and actions have on others.
3. To learn about mindfulness and its effect on your emotions and learning.
Calm Cougars Invitation

drums
free
quiet
breathing
respect
listen
growth
mindset
wait
Our Focus

Creating mindful moments through

- stories
- breathing
- listening to music
- coloring for calm
- guided activities
NEW: Calm Cougar Fridays....
Mr. Marco Freyre:
Assistant Principal, Anti Bullying Specialist
Student Rights & HIB Policy & Procedures
Week of Respect (October 7 - 11)
Stomp Out Bullying
Everybody Counts
Dare To Be Different
LAF School Spirit Day
stay positive
find your calm
strengthen your mind
act with kindness
ease your busy mind
be patient