



## PEACE OF MIND STANDS FOR EQUITY, JUSTICE AND PEACE.

Peace of Mind resources support educators and students coping with the impact of both Covid-19 and systemic racism.



*Linda's recent keynote address to the National Network of State Teachers of the Year offers a great overview of our approach to using mindfulness for well-being and social justice.*

<https://youtu.be/B9sH8bKuVIA>

Our country is in the midst of two pandemics: COVID-19 and systemic racism. As we live in quarantine for months on end, people have also taken to the streets in huge demonstrations to protest the killing of George Floyd, Breonna Taylor and too many other Black people. We believe that our country and our world are at a crossroads and that mindfulness can be a powerful tool to help us find our way.

The Peace of Mind Curriculum Series and Peace of Mind virtual resources help educators and students learn to use mindful breathing practices to deal with fear and anxiety. Peace of Mind also teaches the skills of metacognition to help students notice when they are walking around in a fog of worry so they can make a different choice. Mindfulness skills can help all of our children to cope with and heal their emotions and it can also prepare them to channel their anger into righteous action to change the world, if that's what they choose.

Mindfulness can be an important tool to help us deal with structural challenges in our schools and communities, including systemic racism. James Baldwin said, "Not everything that is faced can be changed. But nothing can be changed until it is faced." Metacognition skills help us to investigate our own thoughts in order to uncover, challenge, and face our own implicit bias. We can only address it if we know it's there. These metacognitive skills are some of the most powerful mindfulness tools we can develop. This is work we can do ourselves and that educators can help students explore as well, starting with a foundation of mindfulness and compassion for ourselves and others.



Despite covid-related financial challenges, we have been working harder than ever to help educators prepare to meet the needs of their students in the unprecedented school year ahead.

## Peace of Mind's Covid-19 response

- We have created a **free 9 week PoM Virtual Lesson Series** available on our website to respond directly to children's immediate and pressing Covid-related emotional needs.  
<https://teachpeaceofmind.org/peace-of-mind-classes-with-ms-ryden/>
- We have expanded our **free video library** to support the virtual use of Peace of Mind and will continue to add resources throughout the school year ahead.  
<https://teachpeaceofmind.org/mindfulness-videos/>
- We are committed to keeping these materials as **accessible** as possible to all schools, especially the Title I schools Peace of Mind currently serves.

## Peace of Mind's Social Justice Response

- We have expanded our new *Middle School Curriculum*, available this September after a successful pilot in a DCPS Title I school last year, to include more lessons on identity, bias, discrimination, race and racism, and standing up to injustice.
- We wrote and published a free 17-lesson *Social Justice Supplement for Grades 3-5* to bring these critical lessons to younger students now, drawing on Linda's experience and the work of leaders in anti-racist education.
- We have completed the translation of our student materials into Spanish, part of our approach to supporting equity in our schools
- <https://teachpeaceofmind.org/equity-and-social-justice/>

## Peace of Mind's Support for Educators

- We have successfully launched a new program of Virtual Community Circles, monthly, professional facilitated gatherings for Peace of Mind educators that include mindfulness for self-care, community building, an exchange of ideas and support around teaching Peace of Mind and teaching virtually. Much needed now!
- We moved our larger, twice-yearly Community of Practice gatherings online.



- We continue to survey educators to understand their current, changing needs in supporting their students socially and emotionally to ensure we're on target.