



# **Elsie Whitlow Stokes Freedom Public Charter School**

- New challenges of high levels of depression, anxiety, and trauma
- Teacher Burnout
- Social justice and Social emotional learning components

# Why Peace of Mind



# Implementing Peace of Mind

- Shifting school culture
- Mindful Mondays
- Allocating time for Peace of mindful
- Modeling lessons
- Mindful Moments
- Professional Development



# Testimonials from our Teachers

Peace of mind is an integral component of my third-grade class community during this distance learning experience. The peace of mind curriculum provides my students with a toolbox of skills to use in coping with all emotions, especially ones that are heightened and new during this unfamiliar time. Practicing mindfulness and gratitude using peace of mind techniques every morning allows for our class to deeply connect with one another despite being over the screen.

-Virginia  
3rd Gr. English

Our Peace of Mind Mindful moments have worked wonders in our classroom. Using gratitude practice, five finger breathing, and other mindfulness activities has shifted the energy in my classroom. Mindfulness routines brings comfort.

We started a gratitude practice on Padlet. The student love sharing what they're thankful for! Its beautiful, It gives them an opportunity to reflect on gratitude.

-Ben  
4th Gr. English