

**Peace of Mind Next Steps for Grades 4 and 5
Curriculum At-A-Glance**

Unit 1 – Welcome to Peace Class			
Week	Mindfulness Skill	Lesson Objective(s)	CASEL Competencies*
1. Welcome to Peace Class	Take 5 Breathing	Review the concept of mindfulness and re-establish the foundation for mindfulness practice. Launch Kindness Pals for the year.	2, 3, 4
2. My Kindness Pal's Favorite Thing	Take 5 Breathing	Learn a new way of practicing mindfulness. Practice kindness.	1, 2, 3, 4
3. What Works for You?	Gravity Hands, 4 Square Breathing, and Clench and Release	Notice how your body responds to different practices and what is most helpful to you. Practice kindness.	1, 2, 3, 4, 5
4. See, Hear, Feel	See Hear Feel	Learn a new way of practicing mindfulness. Practice kindness.	1, 2, 3, 4,
Unit 2 – Learning our Body's Language			
Week	Mindfulness Skill	Lesson Objective(s)	CASEL Competencies*
5. Flashlight Body Scan	Flashlight Body Scan	Learn that we can be aware of what is happening in our bodies and begin to relate physical feelings to our emotions. Practice kindness.	1, 2, 3, 4
6. Finding Your Feelings	See Hear Feel	Learn to relate physical feelings to our emotions. Practice kindness.	1, 2, 3, 4,
7. Finding Your Feelings Story	Finding Our Feelings Story	Practice relating physical feelings to our emotions. Practice kindness.	1, 2, 3, 4
Unit 3 – Empathy in Action			
Week	Mindfulness Skill	Lesson Objective(s)	CASEL Competencies*
8. Heartfulness	Heartfulness Practice	Use the practice of thinking kind thoughts to increase feelings of compassion and empathy for yourself and others. Practice kindness.	1, 2, 3
9. The THiNK Test	Head, Shoulders, Knees, and Toes	Learn about mindful speaking. Practice kindness.	1, 2, 3, 4, 5

10. Putting the THINK Test to Work	See, Hear, Feel	Practice mindful speaking: thinking before you speak. Practice kindness.	1, 2, 3, 4, 5
11. Getting Bullied	SEL Story	Help us to see a story from different perspectives. Help to build the courage, skills and confidence to stand up for ourselves and others. Practice Kindness.	1, 2, 3, 4, 5
12. The Role of the Bystander	SEL Story	Help us to see a story from different perspectives. Help to build the courage and confidence to stand up for ourselves and others. Practice Kindness.	1, 2, 3, 4, 5
13. Understanding Bullying Behavior	Heartfulness	Help us to see a story from different perspectives. Help to build the courage and confidence to stand up for ourselves and others. Practice Kindness.	1, 2, 3, 4, 5

Unit 4 – Gratitude and the Negativity Bias

Week	Mindfulness Skill	Lesson Objective(s)	CASEL Competencies*
14. Hacking your Brain	Web of Gratitude	Learn about the Negativity Bias and how we can “hack” our brains to reduce its power. Practice kindness.	1, 2, 3, 4, 5
15. Sergio’s Scales	Web of Gratitude	Practice gratitude to balance the brain’s negativity bias. Practice kindness.	1, 2, 3, 4, 5
16. Gratitude Cards	Web of Gratitude	Practice gratitude. Recognize how expressing gratitude makes you feel. Practice kindness.	2, 3, 4

Unit 5 – Brain Science

Week	Mindfulness Skill	Lesson Objective(s)	CASEL Competencies*
17. Rosie’s Brain	Student choice: Take Five, Four Square Breathing, Clench and Release or Gravity Hands	Re-introduce students to their brains via a story. Introduce a new mindfulness game. Practice kindness.	1, 2, 3, 4, 5
18. Brain Review	Student choice: Take Five, Four Square Breathing, Clench and Release or Gravity Hands	Deepen understanding of how three parts of our brain, the amygdala, the hippocampus, and the prefrontal cortex, operate in regulating our emotions and reactions to stimuli. Practice using real-life scenarios. Practice kindness.	1, 2, 3, 4, 5

19. Your Brain and Basketball	Student choice: Take Five, Four Square Breathing, Clench and Release or Gravity Hands	Review how three parts of our brain, the hippocampus, the amygdala and the prefrontal cortex, play a role in regulating our emotions and reactions to stimuli. Practice kindness.	1, 2, 3, 4, 5
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Unit 6 – Conflict Resolution

Week	Mindfulness Skill	Lesson Objective(s)	CASEL Competencies*
20. Conflict Escalator: Swings are for Babies	Student choice: Take Five, Four Square Breathing, Clench and Release or Gravity Hands	Review the concept of a Conflict Escalator (developed and named by William Kreidler). Help children understand how and why conflicts get worse. Practice kindness.	1, 2, 3, 4, 5
21. MOFL: Apology Practice	What do you Feel?	Understand what makes a good apology. Practice apologizing. Practice kindness.	1, 2, 3, 4, 5
22. Conflict Toolbox Matching Game	Student choice: Take Five, Gravity Hands, Clench and Release, Four Square, See, Hear, Feel	Practice with the Conflict CAT. Practice kindness.	1, 2, 3, 4, 5
23. Conflict CAT Role Play	Student choice: Take Five, Gravity Hands, Clench and Release, Four Square, See, Hear, Feel	Practice Conflict Resolution skills taught in previous lessons. Practice kindness.	1, 2, 3, 4, 5
24. Create Your own Conflict Resolution Scenarios	Student choice: Take Five, Gravity Hands, Clench and Release, Four Square, See, Hear, Feel	Integrate skills learned over the entire year to solve conflicts skillfully. Practice kindness.	1, 2, 3, 4, 5
25. Conflict CAT Game	Student choice: Take Five, Gravity Hands, Clench and Release, Four Square, See, Hear, Feel	Practice Conflict Resolution skills taught in previous lessons. Practice kindness.	1, 2, 3, 4, 5

Unit 7 – The Story I'm Telling Myself

Week	Mindfulness Skill	Lesson Objective(s)	CASEL Competencies*
26. Remote Control Mindfulness	Remote Control Breathing	Become aware of when minds wander. Practice noticing thoughts. Practice kindness.	1, 2, 3, 4, 5
27. Where Are My Thoughts	Past-Present-Future	Notice if thoughts are mostly about the past, present or future. Practice kindness.	1, 2, 3, 4, 5
28. Fast and Slow Thinking	Past-Present-Future	Learn about Fast and Slow Thinking and relate the concept to earlier lessons. Explore how Fast and Slow Thinking can be both	1, 2, 3, 4, 5

		helpful and challenging. Practice kindness.	
29. Don't Believe Everything You Think	Remote Control Breathing	Learn about and discuss implicit bias and stereotypes. Practice kindness.	1, 2, 3, 4, 5
30. Gender Stereotyping	Remote Control Breathing	Learn about and discuss gender stereotypes. Practice kindness.	1, 2, 3, 4, 5
31. Using Mindfulness to Interrupt Bias	Heartfulness	Help to build the courage, confidence and skills to stand up for ourselves and others. Practice kindness.	1, 2, 3, 4, 5
Unit 8 – Closing out the Year			
Week	Mindfulness Skill	Lesson Objective(s)	CASEL Competencies*
32. The Kindest Things	Heartfulness	Encourage the children to see the good in each other and experience the good feeling of sharing heartfelt compliments.	3, 4
33. Capstone Project	Choose your own practice	Support students in summing up what they have learned this year. Have students consider how they will put their new skills to work.	1, 2, 3, 4, 5

***Correlation with the five Core SEL Competencies identified by the Collaborative for Social Emotional Learning (CASEL.org)**

- 1. Self-Awareness**
- 2. Self-Management**
- 3. Social Awareness**
- 4. Relationship Skills**
- 5. Responsible Decision Making**