



# Curriculum At-a-Glance

For every lesson, you will need your Kindness Pals list and a bell or chime. Additional materials needed are listed in the table below.

Unit 1 – Mindfulness Foundations				
Week	Mindfulness Skill	Lesson Objective(s)	Additional Materials for Lessons	Kindness Pal Activity
1. Introduction to Mindfulness	Mindful Listening	Introduce the concept of mindfulness and create the foundation for mindfulness practice. Introduce (or reintroduce) Kindness Pals. Establish kindness practice.		Three Questions
2. Mindfulness Listening, Mindful Seeing	Mindful Listening and Mindful Seeing	Practice Mindful Listening. Apply the concept of mindfulness to concrete actions. Practice kindness and introduce talking object (if using one).		Three Questions
3. Four Square Breathing	Four Square Breathing	Introduce another foundational mindfulness exercise. Play the Counting Game. Practice kindness.		Three Questions
4. Create Your Own Breath	Create Your Own Breath	Introduce the concept of mindfulness and create the foundation for mindfulness practice. Have fun with mindful breathing. Students create their own mindfulness practices. Practice kindness.	Create Your Own Breath Worksheet	Three Questions
5. Peaceful Place Visualization	Visualization	Learn the skill of visualization to calm down and focus. Practice kindness.	<i>Marleigh is Mindful by Linda Ryden</i>	Draw Your Peaceful Place

Unit 2: Gratitude and the Negativity Bias				
Week	Mindfulness Skill	Lesson Objective(s)	Additional Materials for Lessons	Kindness Pal Activity
6. Sergio Sees the Good	Cup of Gratitude	Learn about the Negativity Bias and how we can help our brains remember little good things. Practice kindness.	<i>Sergio Sees the Good</i> by Linda Ryden	One good thing, One bad thing
7. Gratitude Marble Game	Gratitude Practice. Choice of Take Five Breathing, Four Square Breathing, or Gravity Hands.	Practice training our brains to notice little good things. Reinforce lessons about the Negativity Bias. Practice kindness.	Little cups (one per student) and marbles or any small object that you have a lot of (5 or so per student)	Gratitude Marble Game
8. Little Good Things	Gratitude Practice	Develop a sense of gratitude for the little things in life. Become more mindful of the good that is always around us. Practice kindness.	"Little Good Things" Worksheet	Ten little good things
Unit 3: Metacognition				
9. Mindfulness of Thoughts	Mindful Breathing	Practice a fundamental skill of Mindfulness. Practice Counting Breaths. Practice kindness.	My Kindness Pals Favorite Things Worksheet	My Kindness Pal's Favorite Things
10. Thought Catcher	Mindful Movement	Notice when your mind wanders. Practice kindness.	Rules of the "Thought Catcher" Game	Nine Words
11. Time Traveling	Past, Present, or Future	Notice if your thoughts are mostly about the past, the present, or the future. Practice kindness.		Nine Words
12. Keeping Your Focus	Gravity Hands	Practice keeping your focus when surrounded by annoying sounds. Practice kindness.	Noisemakers: scissors, wind-up toy, jar of pencils, a squeaky chair, etc.	Mirror Game
13. Using Mindfulness to Take Care of Anger	Gravity Hands Blooming Breaths	Use Mindful Breathing to manage big emotions. Practice kindness.	Field Day Skit found in Resource Section	Mirror Game

Unit 4: Feelings, Sensations, and Your Body				
Week	Mindfulness Skill	Lesson Objective(s)	Additional Materials for Lessons	Kindness Pal Activity
14. 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.		Kindness Pal Challenge
15. Tummy Breaths	Take Five Breathing	Learn deep belly breathing to help manage strong emotions. Practice kindness.		Kindness Pal Challenge
16. Squeeze and Release	Squeeze and Release	Learn a practice to help relax the body. Practice kindness.		Kindness Pal Challenge
17. Mindful Eating	Take Five Breathing, Mindful Eating	Apply our Mindfulness skills to our everyday lives. Practice kindness.	Enough raisins for all of your class to have one or two	Nine Words
Unit 5: Kindness and Compassion				
18. Kindness Chain	Blooming Breaths	Show the power of our words to illustrate how one act of kindness can set off a chain of kindness. Practice kindness.		Kindness Pal Challenge
19. Heartfulness	Heartfulness	Use the practice of thinking kind thoughts to increase feelings of compassion and empathy for yourself and others. Practice kindness.	Heartfulness Worksheet	Heartfulness Worksheet Share
20. Empathy	Take Five Breathing, Four Square Breathing, or Gravity Hands	Developing awareness of the feelings of others. Practice kindness.	Copies of the "Should We Let Him Play" Skit found in the Resource Section	Sharing about Inclusion and Exclusion

Unit 6: Brain Science				
Week	Mindfulness Skill	Lesson Objective(s)	Materials for Lessons	Kindness Pal Activity
21. Rosie's Brain	Gravity Hands	Learn about how three parts of our brain — the amygdala, hippocampus, and the prefrontal cortex — operate in regulating our emotions and reactions to stimuli. Practice kindness.	<i>Rosie's Brain</i> by Linda Ryden. Video of Dr. Daniel Siegel's Hand Model of the Brain <a href="http://www.drdansiegel.com/resources/everyday_mindsight_tools">http://www.drdansiegel.com/resources/everyday_mindsight_tools</a> . Diagram of the brain. Brainy the Puppet (Optional)	Kindness Pal Challenge
22. Helping Amy: Amygdala	Choice: Take Five Breathing, Gravity Hands, Four Square Breathing	Learn about how three parts of our brain — the amygdala, hippocampus, and the prefrontal cortex — operate in regulating our emotions and reactions to stimuli. Practice kindness.	Video of Dr. Daniel Siegel's Hand Model of the Brain <a href="http://www.drdansiegel.com/resources/everyday_mindsight_tools">http://www.drdansiegel.com/resources/everyday_mindsight_tools</a> . Diagram of the brain.	Kindness Pal Sharing
23. Who's the Boss? Prefrontal Cortex	Choice: Take Five Breathing, Gravity Hands, Four Square Breathing	Learn about how three parts of our brain — the amygdala, hippocampus, and the prefrontal cortex — operate in regulating our emotions and reactions to stimuli. Practice kindness.	Diagram of the brain	Mirror Game
24. Do You Remember? Hippocampus	Choice: Take Five	Learn about how three parts of our brain — the amygdala, hippocampus, and the prefrontal cortex — operate in regulating our emotions and reactions to stimuli. Practice kindness.	Copies of <i>Rosie's Brain</i> Skit	Hippocampus Workout

Unit 7: Conflict Resolution				
Week	Mindfulness Skill	Lesson Objective(s)	Materials for Lessons	Kindness Pal Activity
25: Learn about conflict with Zion and Zuri	Squeeze and Release	Learn what conflict means. Practice kindness.	<i>Fun Saturday</i> by Linda Ryden (in lesson)	Hippocampus Workout
26. The Conflict Escalator	Take Five Breathing	Use the concept of a Conflict Escalator, developed and named by William Kreidler, to help children understand how and why conflicts get worse. Practice kindness.	Copies of the Scrabble vs. Monopoly Skits	Gratitude Marble Game
27. Conflict Escalator Practice: The Class Party	Heartfulness Gravity Hands	Reinforce the concept of the Conflict Escalator and lay the foundation for the Conflict C.A.T. Practice kindness.	Copies of the skits The Class Party 1 and The Class Party 2	Nine Words
28. MOFL or Awful?	Guided Reflection	Understand what makes a good apology. Practice apologizing. Practice kindness.		Kindness Pal Challenge
29. The Conflict C.A.T.	Blooming Breaths	Introduce a new Conflict Resolution method. Practice kindness.	Copy of the Conflict C.A.T. for the classroom	Kindness Pal Challenge
30. The Conflict Toolbox	Your Choice	Introduce more tools to help work out conflicts. Practice kindness.	Copies of the Monopoly vs Scrabble 1 Skit	The Mirror Game
31. Conflict C.A.T. Role Play 1	Body Scan	Practice the Conflict Resolution skills taught in previous lessons. Practice kindness.	Copy Conflict C.A.T. Role Play Scenarios. Have poster of the Conflict Escalator, the Conflict C.A.T., and the Toolbox up for students to see.	Three Questions

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<i>Unit 7: Conflict Resolution, continued</i>				
<b>Week</b>	<b>Mindfulness Skill</b>	<b>Lesson Objective(s)</b>	<b>Materials for Lessons</b>	<b>Kindness Pal Activity</b>
32. Conflict C.A.T. Role Play 2	Cup of Gratitude	Reinforce the Conflict C.A.T. through role playing. Practice kindness.	Have poster of the Conflict Escalator, the Conflict C.A.T., and the Toolbox up for students to see.	You choose the Kindness Pal Activity
<b>Year-end Activity</b>				
33. Kindest Things	Heartfulness	Encourage the children to see the good in each other and experience the good feeling of sharing heartfelt compliments. Practice kindness.	Paper, pen, or pencil for every student	Kindest Things