



Introduction

Supporting students' social and emotional well-being has never been more important. As we write this our kids and educators are coping with anxiety and fear related to the Covid-19 pandemic and facing great uncertainty about returning to school. Before 2020 we knew that we had some students who had experienced some sort of trauma; we know now that all of our students have been through a deeply traumatic experience.

Since we published our first *Peace of Mind Curriculum* in 2016, we have continued to learn and develop the Peace of Mind Program with Linda's students in the dynamic setting of a public school classroom here in Washington D.C. We have also had the good fortune to receive feedback and stories from educators using the *Peace of Mind Curriculum* in a wide variety of educational settings.

One thing we learned is that we needed to divide our very first publication, the *Peace of Mind Core Curriculum for Grades 3-5*, into two separate volumes. We published the *Peace of Mind Curriculum for Grades 4 & 5* in 2019. We are thrilled to now share this new guide with you: a revised set of lessons just for third grade. Even if you have been using the *Core Curriculum for Grades 3-5*, you will find new lessons and approaches here.



To help you meet the needs of all of your third graders, we have incorporated trauma-informed practices throughout this curriculum. You will notice a larger focus on understanding and practicing gratitude, which research has shown to be a powerful tool in combating fear and anxiety and building resilience. You'll find new hands-on activities as well as more movement and pair-sharing incorporated into lessons. We hope you will also enjoy new lessons built around Peace of Mind's own story books and skits.

We have also included many more Kindness Pal Activities. Kindness Pals is an important pillar of the Peace of Mind Program that builds classroom community and student connection in powerful ways. We know this is more important than ever as we return to school post-pandemic.

What *Peace of Mind Curriculum* offers is more than simply mindfulness practice or social and emotional skills: we offer an integrated, weekly, year-after-year program that teaches skills for life. Combined with your passion and dedication as a teacher, this is a powerful, transformative combination for our children.

If you find value in teaching *Peace of Mind*, we hope you will share it with your colleagues and friends. Our nonprofit organization, Peace of Mind Inc, exists to be of service to educators who want to bring mindfulness, kindness, and conflict resolution to their students. Please help us spread the word!

Thank you for taking up this important work. Your community and your students need what you have to give.

In peace, Linda and Cheryl
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