



The Peace of Mind Program is a teacher-created curriculum for students in grades PreK – 8 that helps students develop life skills such as noticing and managing challenging emotions, building healthy relationships, solving conflicts peacefully, and applying these skills in their daily lives.

Educators nationwide deliver the evidence-based Peace of Mind curriculum to students in elementary and middle schools, reaching over 14,000 students. Peace of Mind Inc, a nonprofit organization, supports these educators through resource development, training, coaching and community gatherings.

Mindfulness-based social and emotional learning is key to reducing conflicts and creating a more positive climate in schools and communities. In early grades, Peace of Mind’s curriculum teaches students to notice and manage their emotions through mindfulness practices, understand the related brain science, build healthy relationships and stand up against bullying, as well as solve conflicts peacefully. In older grades, students build on these skills to also notice their thoughts and beliefs and to decide which ones fit their values and which ones don’t.

What is mindfulness?

“Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and nonjudgmentally.”

– Dr. Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction (MBSR) and Professor of Medicine emeritus at the University of Massachusetts Medical School

Mindfulness meditation has been shown to reduce anxiety, stress and depression. Mindfulness is used across the country by professional athletes, performers, first responders, and many others to be healthier and happier, to improve performance, and face life’s challenges with more skill and compassion. Every student has the ability to mindfully pay attention to what’s happening inside of them and around them – it’s simply a matter of learning techniques to focus attention.

Try It At Home!

All of us – students, parents, and educators – have a role to play in creating learning environments and communities that will allow all of our children to thrive. Here is a practice you can try at home!

Take Five Breathing Practice

Hold up your hand like you are going to give someone a high five with your palm facing out and your fingers spread wide. Starting with the index finger of your other hand down by your wrist on the outside of your thumb, trace up your thumb slowly breathing in, and trace down your thumb slowly breathing out. Repeat this motion with all of your fingers until you are back down at your wrist on the outside of your pinky finger. What was it like to take those five deep breaths? How do you feel? Find a video of this practice and others you can do with your child here: <https://teachpeaceofmind.org/video-library/>

To learn more, visit teachpeaceofmind.org and sign up for our monthly newsletter for updates and ways to get involved.





Questions to Ask Your Kids about Peace of Mind

One of the best ways for parents to learn about the skills and practices students learn in Peace Class is to ask your kids! Here are a few questions you can regularly ask at home to get a sense of what your child is learning and how they are able to apply it in their lives:

What mindfulness practice did you do in Peace of Mind Class this week? Would you please teach it to me?

What is your favorite mindfulness practice so far? Would you please teach it to me?

How do you think this practice could help you at home? In a favorite activity (e.g. a sport or hobby)?

Peace of Mind Resources for your Family Bookshelf or Calm Corner

Many homes and schools are integrating Peace of Mind's materials and approach into their physical spaces by creating a "Calm Corner" or "Peace Corner". You can find Peace of Mind's supporting materials, including storybooks, wall posters, practice cards and games on the Peace of Mind website:

teachpeaceofmind.org

Storybooks

Peace of Mind Storybooks reinforce key themes in the Peace of Mind Curriculum at school and at home. Engaging stories cover topics including brain science and big emotions, kindness and compassion, gratitude and the brain's negativity bias, mindful speaking, and more.

