

Teachers Say...

This is an extraordinary curriculum, at once practical and visionary. The lessons are thoughtfully and meticulously scaffolded as the children are guided step-by-step into an understanding of how their brains work, how to interact with the world with kindness, and how to master themselves. In this age of anxiety, what could be more important or valuable? A must read for early education teachers everywhere.

Val Carroll, Early Childhood Educator

I have found that Peace [of Mind] Class, and mindfulness in particular, has been especially helpful for students who struggle with controlling emotions and are easily upset. We take time each day to practice, and then students are able to practice on their own later as needed.

- Liz Ritchie, Kindergarten Teacher

Having a curriculum like Peace of Mind has been really wonderful. . . I said to my principal 'Thank you so much for bringing this into our school. Having something like this, having a structure, is really making a difference.'

- Christina Benson, Kindergarten Teacher

I find Peace [of Mind] Class helps the students get in touch with their feelings, and teaches them how to cope with situations in and out of the classroom. Implementing Mindful Moments during breaks helps students, and they are able to focus better in class and complete their assignments in a timely manner.

- Lynda Henderson, Kindergarten Aide

The hard work and dedication that [curriculum author] Jillian puts into teaching Mindfulness at Lafayette has paid off in major ways. Most notably is the fact that we no longer have a place where children who misbehave are sent. The need no longer exists because practicing Mindfulness has eliminated it.

Jacqueline Snowden, Assistant Principal

Mindfulness has taught our students how to focus and develop their sense of self-awareness and concentration. Additionally, our students are kind and cooperative but most importantly, inclusive, which is remarkable in our changing society.

Stephanie Mayhew, Assistant Principal