

Peace of Mind for Pre-Kindergarten and Kindergarten Curriculum At-A-Glance

Unit 1: Mindful Bodies, Mindful Breaths			
Week	Mindfulness Skill	SEL Lesson	KP
Unit 1 Reproducible Materials and Parent Letter			
1	Mindful Bodies	Introduction to Peace of Mind Class	
2	Three Flower Breaths	Belly Breathing	
3	Four-Square Breathing	Animal Breaths	
4	Take Five Breathing	Whole Body Listening	
5	Rainbow Breaths	What is Focus?	
6	Gravity Hands	Introducing Kindness Pals	
Unit 2: Mindful of My Thoughts & Feelings			
Unit 2 Reproducible Materials and Parent Letter			
7	Body Scan	What Are Feelings?	
8	Body Scan	What Are Thoughts?	
9	Visualization	A Feeling Called Worry	
10	Visualization	Different Size Feelings & Calming Down	
11	Squeeze & Release	Problem Sizes & Matching Reactions	
12	Squeeze & Release	Building a Calm-Down Toolbox	
Unit 3: Mindful of Others			
Unit 3 Reproducible Materials and Parent Letter			
13	Heartfulness	We're All Different (Respect)	
14	Just Like Me	We're On the Same Team	
15	Just Like Me	Compliments	
16	Gratitude	Gratitude Project	
17	Gratitude	Needs vs. Wants, Gratitude Project	
Unit 4: Feeling Good About Myself			
Unit 4 Reproducible Materials and Parent Letter			
18	Heartfulness for Self	Self-Esteem & Belonging	
19	Heartfulness for Self	Identity Affirmations	
20	Amazing Me	Naming My Strengths	
21	Amazing Me	Communicating with Confidence	
22	Positive Self-Talk	Mistakes are OK!	

Unit 5: Mindful Problem-Solving			
Unit 5 Reproducible Materials and Parent Letter			
23	Waves of Relaxation	What is Conflict?	
24	Waves of Relaxation	Choosing Kindness	
25	Take 5	Communication Styles	
26	Positive Self-Talk	Dealing with Teasing	
27	Positive Self-Talk	Standing up for Others	
Unit 6: Mindful Senses & My Growing Brain			
Unit 6 Reproducible Materials and Parent Letter			
28	Mindful Seeing	Introduction to the Brain	
29	Mindful Hearing	Hippocampus	
30	Mindful Touch	Overprotective Amygdala	
31	Mindful Smell	Choices & My Pre-Frontal Cortex (PFC)	
32	Mindful Taste	My Growing Brain	
Wrap Up and Review (optional)			
	Student choice	Peace Is... Peace In Me My Peaceful Place	
Student Certificate of Completion and Review Activity Pages			