



Peace of Mind:

An innovative program that integrates mindfulness, social emotional learning, brain science, conflict resolution and social justice for PreK-8



Three years after the beginning of the pandemic, the longer term effects on our children of isolation, trauma, and disruption are showing up at home and at school.

It has never been more urgent to equip kids with the **critical life skills** to manage big emotions, build healthy relationships, solve conflicts peacefully and make a positive impact in their communities.

Our Strategy

Over the next 3 years, we will increase our impact by:

1. **Doubling** the number of students and educators reached nationwide with evidence-based curriculum, resources and training;
2. Growing **25 DC metro-area school partnerships** to support educators, bringing Peace of Mind skills to over 8,000 DC-area students annually;
3. Developing new online Peace of Mind lessons and programs that kids can access directly **beyond school** settings;
4. Strengthening our organizational capacity.

Our Need

\$730,000 over the next three years to reach our goal of sharing the Peace of Mind Program with nearly 30,000 students and their educators in 140 schools nationwide by the end of 2025.

By teachers
for teachers

Builds kinder
and more inclusive
classrooms

Promotes
student
well-being
and agency

Evidence-
based and
standards-
aligned



"Peace of Mind Class makes us the best version of ourselves. It helps me keep my stress levels down." –

Peace of Mind 4th grader

Our Vision:

All students have the skills to face challenges in their own lives and in the world with kindness, courage and compassion.



Peace of Mind, a DC-based nonprofit founded in 2018, supports the well-being of students in PreK through 8th grade with mindfulness-based social and emotional learning (SEL), integrating brain science, conflict resolution and social justice skills. Based on over 16,000 hours of in-classroom development, the program offers sequential weekly lessons by grade level, storybooks and classroom resources, professional development, and tools for shared practice.

Peace of Mind has grown from serving children in just one school to meeting the needs of educators and students in over 20 DC area schools and over 50 across the country, reaching 14,000 students and their educators nationwide. Please visit TeachPeaceofMind.org to learn more.



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