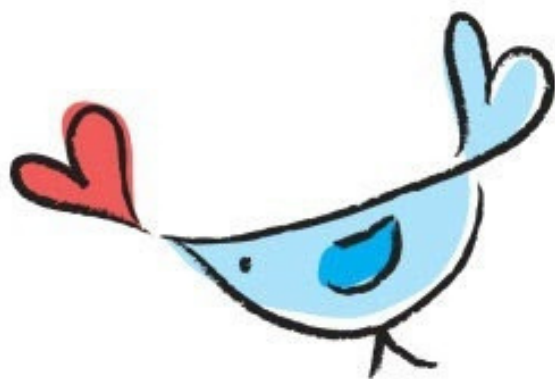




Peace of
Mind

Welcome to Peace of Mind!

Mindfulness-based
Social and Emotional Learning,
Conflict Resolution, and Social Justice
PreK-Middle School

2024-2025



Testimonials

Henry and Friends Storybook Series

These delightful, captivating books are full of powerful practical methods for kids - and their parents.

-Rick Hanson, Ph.D., author of *Resilient*, *Hardwiring Happiness*, and *Buddha's Brain*

About Tyaja Uses the THiNK Test

In this simple and clear story, Linda Ryden offers valuable lessons for our children to bring more clarity, care and thoughtfulness to the power of words.

-Oren Jay Sofer, author of *Say What You Mean: A Mindful Approach to Nonviolent Communication*

About Henry is Kind

Linda Ryden's kids' book about Heartfulness practice is bright, fun and engaging, which is wonderful because it means kids will love it. And, the book provides an easy way for teachers and parents to help children understand and enjoy being kind, which means adults will love it too. It is a pleasure to think of the benefits Henry is Kind may bring to children and families.

-Sharon Salzberg, author of *Real Happiness* and *Real Love*

About Sergio Sees the Good

I absolutely adore Sergio. It's a really relatable story for both kids and adults. The science is just right - totally accessible but not "dumbed down." I think it's also great that you touched on how one can overcome the negativity bias in daily life by noticing and feeling grateful for the "little, good things", even though that feels more effortful.

-Dr. Elizabeth Hoffman, Neuroscientist

About Marleigh is Mindful

"A brilliant book.... By framing practice as fundamentally playful, this book brings the benefits of mindfulness and compassion to a new generation. An indispensable toolkit for every classroom and home."

-Jeff Warren, Writer and Meditation Instructor

"The fact that we no longer have a need for a refocus room I think speaks volumes and I think in large part is due to the mindfulness program and kids being taught how to handle their emotions better"

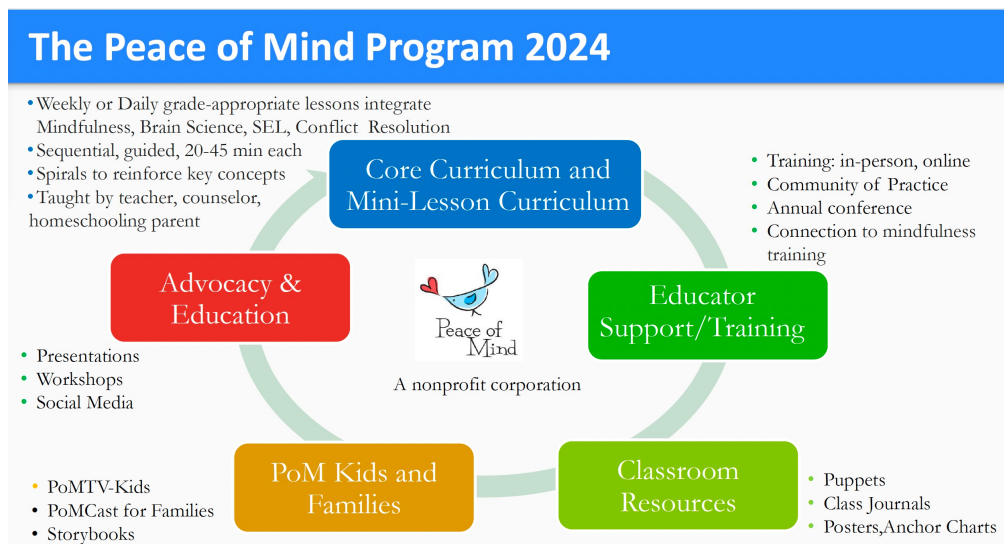
- Retired Assistant Principal Lafayette Elementary,

Mission

The mission of Peace of Mind Inc, a nonprofit organization, is to encourage and support the comprehensive integration of effective mindfulness-based social and emotional learning programs in schools to improve student well-being and to create a kinder, more inclusive school climate.

Program

The Peace of Mind Curriculum integrates mindfulness practice and brain science as the foundation for weekly lessons on social and emotional learning and conflict resolution.



Peace of Mind helps students:

- Learn mindfulness skills to help become aware of and manage challenging emotions and to
- Practice kindness, empathy, compassion and gratitude
- Understand the neuroscience underlying the benefits of these practices
- Apply mindfulness and SEL skills to use conflict resolution tools effectively
- Develop a common language and skill set to help solve conflicts peacefully
- Apply mindfulness and SEL skills to recognize and reckon with bias and injustice

Peace of Mind helps educators:

- Gain more time for teaching by giving students the tools to self regulate
- Form close connections with their students
- Learn tools to manage their own stress
- lead lessons on challenging social justice topics
- Create kind and inclusive classrom and school communities

"It definitely makes me a better friend because mindfulness makes me kinder" - PoM Student

Curriculum Strengths

Comprehensive

- Curricula for Early Childhood, Grades 1-2, Grade 3, and Grades 4-5 and Middle School
- Classroom Materials including posters, anchor charts, flashcards and games
- Professional Development and Support online and in-person
- Henry and Friends Storybook Series to create a bridge from home to school
- Spanish language resources for students

Cutting-edge

Integrates Mindfulness, Brain Science, SEL, Conflict Resolution and Social Justice into one seamless, easy-to-use, weekly, curriculum. No more need to cobble together resources.

Flexible, whole-school focus

Year-after-year spiralling lessons for PreK through Middle School. Designed to be taught by classroom teachers, specials teachers or counselors; not a short-term outside provider model.

Evidence-based

Supported by current research, program evaluations, and deep field-testing. Meets ASCA standards and aligns with CASEL's 5 Core SEL Competencies.

Trauma-sensitive

Guidance given for trauma-sensitive practices that respond to children's individual needs.

By educators for educators

Created by public school educators based on extensive classroom-testing. 16,000+ hours of in-classroom development preceded publication, and 900+ children/week are taught by PoM authors, creating model classrooms and opportunities for continual development.

Secular

Mindfulness is taught as brain training that enhances acquisition of SEL skills. Peace of Mind is used in public, public charter and private schools.

Growing

The Peace of Mind Program reached over 6,000 students around the Washington DC area this year and over 10,000 nationwide. Educators in 44 states and 9 foreign countries have invested in Peace of Mind for their students.

Curriculum Levels

Early Childhood

32 step-by-step, weekly lessons integrating mindfulness and social and emotional learning lessons for the youngest students. Many lessons include scripts for Brainy, the Peace of Mind hand puppet.

Sample Lessons: <https://teachpeaceofmind.org/curriculum/early-childhood/>

Grades 1 & 2

32 step-by-step, weekly lessons integrating mindfulness, SEL and conflict resolution practices for younger students, including worksheets, reproducible handouts, teacher guidance.

Sample Lessons: <https://teachpeaceofmind.org/curriculum/grades-1-2/>

Grade 3

32 step-by-step, weekly lessons integrating mindfulness, SEL and conflict resolution practices for older students, including original skits and role plays to support lesson themes, along with reproducible handouts and teacher guidance.

Sample Lessons: <https://teachpeaceofmind.org/curriculum/grade-3/>

Grades 4 & 5

33 step-by-step weekly lessons integrating mindfulness, SEL and conflict resolution practices to help older children take ownership of the skills they are learning to not only self regulate, build healthy relationships and solve conflicts but also to notice and address stereotypes, implicit bias and bullying.

Sample Lessons: <https://teachpeaceofmind.org/curriculum/grades-4-5/>

Middle School

32 weekly lessons integrating mindfulness, neuroscience, social emotional learning and conflict resolution to help students increase personal well-being and develop the tools to work for social justice. [Free download.](#)

“Our school community has explored a number of resources for supporting mindful practice. We are thrilled with the way Peace of Mind combines mindfulness and problem-solving skills. It equips our adults and students with skills to first pause and then act. Bravo!” -Principal at Horace Mann Elementary School.

Implementation Overview

1. **Administrators, Teachers, Counselors meet with Peace of Mind (PoM): in person or by phone.** Review school's needs and goals and how PoM can help. Discuss conditions for success. Decide on the delivery model that best fits your needs.
2. **Agree on PoM's place in your school.** Given your school's needs and goals, decide how Peace of Mind will best fit in your school's schedule. Designate weekly time in the schedule for Peace of Mind Class. Designate PoM Liaison.
3. **Order PoM Curricula and Materials.** Review Cost-planning worksheet with PoM. Contact PoM to order Curricula, Storybooks, Classroom Resources that will serve you best. Title I Schools may also apply for grants to help with materials costs.
4. **Participate in beginning of year PoM training.** Arrange two-hour PoM training for educators before teaching begins. Review program philosophy and Theory of Change; supporting research; goals by grade; curriculum structure and overview; experiential mindfulness practice; talking with parents; conditions for success.
5. **Commit to personal mindfulness practices.** Support teachers developing their own mindfulness practices to help manage stress and model what they are teaching. Consult with PoM on resources.
6. **Teach the Peace of Mind Curriculum.** Honor a regular weekly 30-45 minute time for Peace of Mind Class. Sequence matters. For best outcomes, follow the lesson order as presented. Adapt the scripts to fit your own voice and the needs of your class. Model what you are teaching, and teach with integrity. Focus on the practice, not the outcome. Integrate lesson components throughout the week. Seek support when needed.
7. **Participate in PoM Training and Support opportunities throughout the year.** Create a Community of Practice within your school. Provide educators with access to PoM online training materials. Consider a mid-year 60 minute PD with PoM to check-in, answer questions. Encourage educators to attend PoM Communities of Practice gatherings. Encourage educators to attend Peace of Mind January Conference.
8. **Evaluation.** Consider working with PoM to offer pre- and post surveys to teachers and older students and focus groups with younger students.
9. **End of year review** with Peace of Mind staff.

"As a title I classroom teacher, this curriculum is a breath of fresh air from a heavy focus on academics. I have seen my students light up and I feel like a better teacher because I am completely meeting the needs of my students by truly educating the whole child." -Kindergarten teacher, West Education Campus.



Pricing

The Peace of Mind Curriculum is written for professional educators, designed by teachers for teachers to be “ready to use.” Required materials include the curriculum and readily available storybooks. Supporting materials and training are highly recommended but optional.

Discounted Bundles for Teachers and School Mental Health Professionals

Each Bundle includes Curriculum Guide(s), access to full Virtual Library and downloadable version of the Peace of Mind Social Justice Lesson Supplement, required Peace of Mind Storybooks, Classroom Poster and Anchor Charts, Mindfulness Practice Cards and (for older grades) the Conflict CAT Game. Elementary educators will also receive access to our 3 online short courses. Elementary level Spanish language student materials available upon request.

Early Childhood	\$188
Grades 1-5	\$233-\$253
Middle School	\$89
Counselor (PreK-8)	\$472

Professional Development

Beginning of Year live, virtual, group training - 2 hours	\$800
Year-long Online Course Access for 20 educators.....	\$650
Online Course Access for one educator.....	\$ 70
Educator Group Coaching Sessions.....	.\$200-250 per hour
Annual Peace of Mind Conference.....	Free this year

For a personalized cost estimate for your school or classroom,
please contact Cheryl at info@TeachPeaceofMind.org.

We're happy to help!

“Our school community has explored a number of resources for supporting mindful practice. We are thrilled with the way Peace of Mind combines mindfulness and problem-solving skills. It equips our adults and students with skills to first pause and then act. Bravo!” -Principal at Horace Mann Elementary School.



Peace of Mind Resources "A la carte"



Peace of Mind Curriculum Guides \$54.95 each

Core Curriculum for Early Childhood

Core Curriculum for Grades 1 and 2

Core Curriculum for Grade 3

Peace of Mind Curriculum for Grades 4 and 5

Peace of Mind Core Curriculum for Middle School

Elementary Core Curriculum Series \$197.00

Early Childhood, Grades 1-2, Grades 3, Grades 4&5

Peace of Mind Storybooks by Linda Ryden

Tyaja Uses the Think Test \$16.95

Sergio Sees the Good \$16.95

Henry is Kind \$16.95

Quinn and The Worry Channel \$16.95

Rosie's Brain \$16.95

El Cerebro de Rosita in Spanish! \$14.99

Peace of Mind Mindfulness Card Set \$12.00

10 Ways to Practice Mindfulness

Available in Spanish!



info@TeachPeaceofMind.org

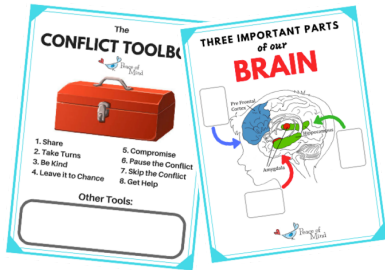
"Peace of Mind teaches mindfulness, empathy and foundation conflict resolution skills, and guides the youngest students into the rhythms of school, preparing them to learn to focus their attention and become peacemakers."

- DCPS School Counselor and Author, Peace of Mind Core Curriculum for Early Childhood

<https://TeachPeaceofMind.org>



Peace of Mind Resources



Peace of Mind Anchor Charts

\$6 each

For use with all Peace of Mind Curricula 12 x 18 inches; glossy finish, sturdy card stock



Ways to Practice Mindfulness Poster

\$18 each

For use with all Peace of Mind Curricula 18x24 inches; waterproof, rip-proof and sturdy

Available in Spanish!



Peace of Mind Student Journal

\$7 each

32 pages for weekly reflections; certificate at end 8 ½ x 11 inches; sturdy color cover with b/w interior



Peace of Mind Conflict CAT Game

\$15 each

Role-Play Game that helps kids practice using skills to Calm Down, Apologize and use Tools to solve Conflicts Playing cards with instructions in a handy canvas bag.

For more information or to order, please contact us at TeachPeaceofMind@gmail.com, or visit <https://TeachPeaceofMind.org>

“[Peace of Mind Class] feels good because sometimes we go and we just had a test in the morning, or it’s been a stressful morning, and it just relaxes you, kind of settles you in so you can go on with the day.” -PoM Student

<https://TeachPeaceofMind.org>



Testimonials

Peace of Mind Curriculum



I am astounded by this beautiful curriculum... a brilliantly practical guide for teachers, one that understands kids - both how they think, and their imaginative capacities. This is a model for the classroom of the future.

Jeff Warren, Mindfulness Teacher; Co-author with Dan Harris of Meditation for Fidgety Skeptics.

Learning about controlling my actions and speech helped me when transitioning from elementary school to middle school because sometimes I am stressed out from assignments, or just mad because I missed the bus and I want to lash out and express my feelings. My amygdala is starting to control my brain. But when I have those moments, I think about the THINK test and if what I say or do will hurt someone. So, I take some deep breaths and calm myself down.

6th Grader, Peace of Mind Ambassador

As we prepared to open DC's newest middle school, we knew it was critically important to plan for intentional social emotional learning opportunities. Many developmental psychologists recommend meditation and mindfulness practices to be taught to adolescent students as their bodies and brains continue to grow and change. We were thrilled to partner with the Peace of Mind team to bring the curriculum to our middle school students in our inaugural year! As our students learn and practice self-regulation and conflict resolution strategies from the curriculum, we know it will support their well-balanced development and achievement.

DCPS Principal Megan Vroman

Finding quality, accessible, purposeful resources that have an immediate and positive impact on learners is a school leader's persistent goal. This Peace of Mind Curriculum achieves that aim as it provides educators with a set of teacher-developed-and-tested lessons that build a foundation of respect for self and other.

DCPS Principal Liz Whisnant

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 than to teach children at an early age how to interpret and navigate their big emotions, calm themselves, and by extension, each other? A must read for early education teachers everywhere.

Val Carroll, Early Childhood Educator

"Sometimes when I'm taking a test I get really stressed so I take deep breaths and it will help me." -PoM Student



Testimonials

Peace of Mind Curriculum



I loved teaching the Peace of Mind Program! It was easy to follow and the students benefited tremendously from the program. I would receive amazing feedback from parents, who would ask, "What are you teaching those kids!" Our Junior Kindergarten teacher received an email from a parent once explaining that her 4 year old explained all three parts of the brain at bedtime and that his mommy needed to calm herself down so that she could use her prefrontal cortex instead of her Amygdala!

Shaun Doherty, School Counselor

We want our children to master their academics but we equally want them to master being good citizens who care about one another and the world at large. The Peace [of Mind] Program does just that. In an age where bullying has become a major problem, the Program is proactive instead of reactive, thereby eliminating some of those problems before they begin.

Jackie Snowden, former Assistant Principal, DCPS

I use Peace of Mind every day in my classroom not only because it supports my own personal meditation practice, but also because I have seen the positive impact it has had on my students over the past six years. Peace of Mind should be in every classroom in America because every child will benefit from looking inward, understanding themselves, and sharing their positivity with others.

Jared Catapano, 4th Grade Teacher, Washington D.C.

You have done such an outstanding job and this is such a comprehensive curriculum. I am implementing your program...and strongly encouraging my colleagues in our district to do so also.

Cathy Stainbrook, M.A.E, School Counselor

I started using the curriculum and it's wonderful! The lessons are easy to follow and very well thought out. The curriculum fits well with the Mindful Schools training that I did a few years ago. I'm very pleased with my purchase.

Kree Barus, Grade 2 Learning Support Teacher

I started to see that if I reminded him to use what he learned in Peace Class, he could stop and breathe for a minute and help himself focus a bit. He's used it at baseball games, with us when he's ready to argue. I've seen him breathe and stop and think. He also seems to use the tactics when he's stressed about schoolwork. It's followed him to a big, busy middle school and perhaps is even more useful now than it was in elementary school. It's sort of just ingrained in his thinking now.

Peace of Mind Parent

"Take three deep breaths: if that does not work, take more than three, and it helps you calm down if you're angry, sad, or stressed out." - PoM Student

<https://TeachPeaceofMind.org>

Contact

Could Peace of Mind be of service to you and your school?

We'd love to talk with you.

Please contact:

Cheryl Dodwell

Executive Director, Peace of Mind Inc.

Info@TeachPeaceofMind.org

TeachPeaceofMind.org

