

Materials:

- Bell or chime - Choose a bell or chime with a full, clear sound that continues for many seconds after ringing it.
- Two puppets - One of your choosing and Peace of Mind's **Brainy the Puppet™**
- Kindness Pal lists – Included in the Appendix
- **Week 5:** Small tangible items such as a rock, marble, or paper clip for each student to hold during the game *Don't Lose Your Focus!*
- **Week 12:** Floor Puzzle with enough pieces for each student to have one. For most classes a 2x3 floor puzzle with 24 pieces will be sufficient.
- **Week 13:** Stuffed animal or other object that can be passed around in a circle, and enough small toys or other interesting items for partners to share.
- **Week 19:** Several different strong-smelling items to pass around for students to sniff.
- **Week 20:** One raisin for each student to taste.

Books and Videos

There are no required books and videos for this curriculum. However, we suggest the following optional materials that you might use to extend your lessons.