



Peace of Mind: Core Curriculum for Grades 3-5 **Resource list**

Materials

The materials list for *Peace of Mind* is short:

- ✓ A bell or a chime of some sort;
- ✓ A means to show YouTube videos to your class;
- ✓ A Talking Object, such as a small stuffed animal or bean bag;
- ✓ Books and Videos. (see below)

Books

This curriculum includes the following books. The books listed are age-appropriate storybooks readily available on Amazon.com (links below), or at your local bookstore. Many school libraries already have these books, or are able to order them.

- Week 6 [Steps and Stones](#) by Gail Silver
Week 8 [Enemy Pie](#) by Derek Munson
Week 16 “The Zax” by Dr. Seuss in [The Sneetches and Other Stories](#)
Week 19 [Sorry](#) by Trudy Ludwig
Week 29 [Say Something](#) by Peggy Moss
Week 31 [No Ordinary Apple](#) by Sara Marlowe

Optional:

- Week 14 [The Book of Awesome](#) by Neil Pasricha

Videos

The YouTube links for the videos used in this curriculum are included in the relevant lessons and in the Resource section at the back of the curriculum.

Week 11 YouTube Video *Just Breathe*

Week 28 You Tube Video *Don't Flip Yo Lid* by JusTme