



Support for *Peace of Mind*

We really do need to begin with the children to teach peace. And children need teachers and other adults in their lives to model and support their learning. This welcome curriculum is a great resource for those adults.

Marsha S. Blakeway, Adjunct Faculty, School for Conflict Analysis and Resolution, George Mason University

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. The Peace [of Mind] Program also offers a safe haven for learners of different modalities to thrive in a safe environment.

Jackie Snowden, Assistant Principal, Lafayette Elementary School, Washington D.C.

I believe that if there were a program like Linda Ryden's Peace of Mind in each elementary school across America, we would likely see a wholesale reduction in bullying and juvenile crime. The value that the Peace of Mind program provides to the Lafayette community is immeasurable.

Sam Frumkin, parent, Lafayette Elementary School Washington DC

This program is invaluable to the growth of our students.

Jared Catapano, Teacher, Lafayette Elementary School, Washington D.C.

The Peace [of Mind] Program has many benefits for students and teachers. First, it gives us common language to use and common experience on which to draw as we work and learn together. Second, students learn to pay attention to their feelings and verbalize emotions, which helps them act more mindfully to themselves and to each other.

Laura Pajor, Reading Specialist, Lafayette Elementary School

Peace [of Mind] class is a reflective opportunity for students in grades Pre-K through 5th grade to practice mindful thinking. The impact of taking a moment to breathe and rest our thoughts, allows students to refocus their attention so that they can be more productive and successful in the classroom.

Jessica Sikking, Teacher, Lafayette Elementary School