



Peace of Mind Core Curriculum for Grades 1 and 2

Materials List

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

- ✓ A bell or a chime;
- ✓ A Talking Object, such as a small stuffed animal or bean bag;
- ✓ A Hoberman Sphere (a breathing ball), available at your local toy store or online;
- ✓ Books, stories and videos. See below.
- ✓ Optional: **Brainy the Puppet** (available at www.TeachPeaceofMind.com)
- ✓ Optional: A means to show YouTube videos to your class.

Books and Videos

Week 2	<u>Mindful Monkey, Happy Panda</u> by Lauren Alderfer
Week 5	<u>A Color of His Own</u> by Leo Lionni
Week 9	<u>One of Us</u> by Peggy Moss
Week 13	<u>Let's Be Enemies</u> by Janice May Udry
Week 15	<u>A Listening Walk</u> by Paul Showers
Week 16	<u>I Like Your Buttons</u> by Sarah Lamstein
Week 17	<u>The Kindness Quilt</u> by Nancy Elizabeth Wallace
Week 18	<u>The Invisible Boy</u> by Trudy Ludwig
Week 20	<u>Anh's Anger</u> by Gail Silver
Week 21	Hand Video by Dr. Dan Siegel (YouTube)
Week 22:	<i>Jonah Flips His Lid</i> (original story reprinted in the lesson)
Week 23	<u>Rosie's Brain</u> by Linda Ryden (Resource section)
Week 24	<i>Don't Flip Yo Lid</i> and <i>Shhh</i> by JusTme (YouTube)
Week 25:	<i>Daisy and Cactus</i> (original story reprinted in the lesson)
Week 26	<u>Duck and Goose</u> by Tad Hills
Week 28:	<i>Guinea Pig Conflict</i> (original story reprinted in the lesson)
Week 29:	<i>Louise and Jack</i> (original story reprinted in the lesson)
Week 30:	<i>Avi and Jahiem</i> (original story reprinted in the lesson)