The *Peace of Mind Curriculum* addresses the CASEL Core SEL Competencies

<table>
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<tr>
<th>CASEL/Grades</th>
<th>Self-Awareness</th>
<th>Self-Management</th>
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</table>
| Peace of Mind Core Curriculum for Early Childhood | - Noticing Feelings  
- Identifying Feelings  
- Feelings Can be Different Sizes  
- Thoughts & Thought Bubbles  
- Others Have Thoughts & Feelings Too  
- Visualization  
- Mindful Senses | - Mindful Bodies vs. Regular Bodies  
- Belly Breathing  
- Whole Body Listening  
- Learning to Focus my Attention  
- Calming My Body  
- More Ways to Calm Down  
- Games and Big Feelings  
- Muscle Relaxation  
- Body Scan  
- How Big is My Problem? | - Learning About my Brain  
- Using My PFC  
- My Overprotective Amygdala  
- More Overprotective Amygdala  
- Mindful or Mindless?  
- Choosing Kind | - New Friends & Kindness Pals*  
- What is a Conflict?  
- My Conflict Toolbox  
- More Tools for My Toolbox  
- Heroes  
- Positive Self-Talk | - New Friends & Kindness Pals*  
- Teamwork  
- Sharing & Taking Turns  
- Needs & Wants  
- Compliments  
- Heartfulness  
- Gratitude |
| Peace of Mind Core Curriculum for Grades 1 and 2 | - Feelings Game  
- Finding Your Feelings in your body  
- Visualization  
- Noticing Thoughts  
- Mindful Eating | - What does it mean to be mindful  
- Mindful Breathing  
- Take Five breathing  
- Mindful Seeing  
- Mindful Listening  
- Moving Mindfully  
- Wave Breathing  
- Mindful Listening Challenge  
- Take Care of Anger  
- Conflict Escalator | - Learn about your Brain with Brainy  
- Your Brain and Your Breath  
- Meet the Hippocampus  
- Choosing Kind  
- Working it out with Louise and Jack  
- Working it Out with Avi and Jahiem | - Kindness pals*  
- Heartfulness  
- Kindness Chain  
- Learn about Conflict with Daisy and Cactus  
- Learn about Conflict with Duck and Goose  
- The Conflict Escalator  
- The Guinea Pig Conflict  
- Working it Out With Lousie and Jack  
- Working it Out with Avi and Jahiem | - Kindness Pals*  
- Heartfulness  
- One of Us  
- The Kindness Quilt  
- Including Others  
- Gratitude Cards  
- Reaching out to Homeless Shelter |
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| Peace of Mind Core Curriculum for Grades 3 to 5 | -Mindful Breathing  
-Mindfulness of Thoughts  
-Where are Your Thoughts?  
-Body Scan  
-Negativity Bias  
-Mindful Eating | -Using Mindfulness to Take Care of Anger  
-Keeping Your Focus  
-Deep Belly Breathing  
-Peaceful Place | -Brain Talk 1  
-Brain Talk 2  
-The THINK Test  
-Choosing Kind  
-Green Poison Darts  
-Say Something | - Kindness Pals  
-Visualization  
-Learn about Conflict with the Zax  
-The Conflict Escalator  
-Conflict Escalator Practice  
-Apologizing  
-The Conflict CAT  
-Conflict Toolbox  
-Conflict CAT role plays | -Kindness Pals  
-Heartfulness  
-Gratitude is Awesome  
-Enemy Pie  
-Kindness Chain  
-Kindest Things Project |
| Other-School-wide, Teachers, Parents | -Peace Club  
-Mindfulness Course for Teachers  
-Mindfulness workshops for parents | -Peace Club  
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-Mindfulness workshops for parents | -Peace Club  
-#Choose Kind Club for kids | -Peace Club  
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