

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

CASEL/ Grades	Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Peace of Mind Core Curriculum for Early Childhood	<ul style="list-style-type: none"> -Noticing Feelings -Identifying Feelings -Feelings Can be Different Sizes -Thoughts & Thought Bubbles -Others Have Thoughts & Feelings Too -Visualization -Mindful Senses 	<ul style="list-style-type: none"> -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? 	<ul style="list-style-type: none"> -Learning About my Brain -Using My PFC -My Overprotective Amygdala -More Overprotective Amygdala -Mindful or Mindless? -Choosing Kind 	<ul style="list-style-type: none"> -New Friends & Kindness Pals* -What is a Conflict? -My Conflict Toolbox -More Tools for My Toolbox -Heroes -Positive Self-Talk 	<ul style="list-style-type: none"> -New Friends & Kindness Pals* -Teamwork -Sharing & Taking Turns -Needs & Wants -Compliments -Heartfulness -Gratitude
Peace of Mind Core Curriculum for Grades 1 and 2	<ul style="list-style-type: none"> -Feelings Game -Finding Your Feelings in your body -Visualization -Noticing Thoughts -Mindful Eating 	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> -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	<ul style="list-style-type: none"> -Mindful Breathing -Mindfulness of Thoughts -Where are Your Thoughts? -Body Scan -Negativity Bias -Mindful Eating 	<ul style="list-style-type: none"> -Using Mindfulness to Take Care of Anger -Keeping Your Focus -Deep Belly Breathing - Peaceful Place 	<ul style="list-style-type: none"> -Brain Talk 1 -Brain Talk 2 -The THINK Test -Choosing Kind -Green Poison Darts -Say Something 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> -Kindness Pals -Heartfulness -Gratitude is Awesome -Enemy Pie -Kindness Chain -Kindest Things Project
Other-School-wide, Teachers, Parents	<ul style="list-style-type: none"> -Peace Club -Mindfulness Course for Teachers -Mindfulness workshops for parents 	<ul style="list-style-type: none"> -Peace Club -Mindfulness Course for Teachers -Mindfulness workshops for parents 	<ul style="list-style-type: none"> -Peace Club -#Choose Kind Club for kids 	<ul style="list-style-type: none"> -Peace Club -#Choose Kind Club for kids 	<ul style="list-style-type: none"> -Peace Club -#Choose Kind Club for kids

