



## **Peace of Mind Program Implementation**

### **1. Administrators, Teachers, Counselors meet with PoM: in person or online**

Review school's needs and goals. Discuss how PoM can help to achieve them. Discuss conditions for success. Designate weekly time in the schedule for Peace of Mind Class. Designate PoM Liaison.

### **2. Order Materials**

Contact PoM to order Curricula, Storybooks, Classroom Resources that will serve you best. Title I Schools may also apply for grants to defray materials costs.

### **3. Participate in beginning of year training: in person or online**

Program philosophy and Theory of Change; supporting research; goals by grade level; curriculum structure and overview; experiential mindfulness practice; talking with parents; conditions for success.

### **4. Commit to personal mindfulness practice**

Teachers commit to learning along with students and supplementing their practices with other resources.

### **5. Teach the Curriculum!**

Honor a regular weekly 30-45 minute time for Peace of Mind Class. Sequence matters: Follow the lesson order as presented. Adapt the scripts to fit your own voice and the needs of your class. Model what you are teaching, and teach with integrity. Focus on the practice, not the outcome. Seek support when you need it.

### **6. Participate in PoM Training and Support Opportunities throughout the year**

Create a Community of Practice within your school. Attend PoM Communities of Practice gatherings. Attend Focused Mini-Conferences. Seek additional support and training as needed.

### **7. End of year evaluation**

Meet with PoM to review your experience. Plan for more comprehensive whole school integration the following year.

### **Questions?**

Please contact us at [TeachPeaceofMind@gmail.com](mailto:TeachPeaceofMind@gmail.com) or visit [/TeachPeaceofMind.org](http://TeachPeaceofMind.org)