

I. Introduction

Welcome to the *Peace of Mind Curriculum for Grades 4 and 5*! Since we published the *Peace of Mind Core Curriculum for Grades 3-5*, our field has evolved and we have continued to learn new things about how to deliver this work to older elementary students. Our desire to share what we have learned and requests from educators for more material inspired us to write this curriculum.

We have written *The Peace of Mind Curriculum for Grades 4 and 5* as both an introduction and a continuation. If your fourth and fifth grade students are new to *Peace of Mind*, this curriculum is for you. If your students have had the *Peace of Mind Core Curriculum for Grades 3-5* for one or two years, this will work for you too; you'll find notes throughout linking this curriculum to that one.

This curriculum includes engaging lessons that integrate mindfulness practices and brain science as the foundation for teaching social and emotional learning and conflict resolution. Relative to the *Peace of Mind Core Curriculum for Grades 3-5*, you will find more movement and pair-sharing. You will also find new, age-appropriate lessons relating to the embodiment of feelings, bullying, standing up for others, gratitude and the negativity bias, stereotypes and bias, and solving conflicts accompanied by new storybooks, skits and videos.

This curriculum, like our first three, is the result of what we have learned works for real children in the dynamic setting of a public school classroom here in Washington D.C. We offer this humbly, as we know that your classroom and school will have their own unique needs and goals. We hope that you will bring your own experience and skills to bear in adapting the lessons to meet your students' needs in the best way possible.

What *Peace of Mind* offers is more than simply mindfulness practice or social and emotional skills: we offer an integrated, weekly, year-after-year program that teaches skills for life. Combined with your passion and dedication as a teacher, this is a very powerful, transformative combination for our children.

If you find value in teaching *Peace of Mind*, we hope you will share it with your colleagues and friends. Our nonprofit organization, Peace of Mind Inc, exists to be of service to educators who want to bring mindfulness, kindness and conflict resolution to their students. Please help us spread the word!

Thank you for taking up this important work. Your community and your students need what you have to give.

In peace, Linda and Cheryl