

Peace of Mind Community of Practice

May 30, 2018

Hosted by 3rd Grade Teacher Jillian Atlas at Ross Elementary School, Washington DC

This was Peace of Mind's 4th gathering of educators currently using the Peace of Mind Curriculum with their students, and parents and teachers interested in learning more about the curriculum. Facilitated by PoM team: Cheryl Dodwell, Jillian Diesner, Linda Ryden.

What teachers are finding helpful

- Several teachers are noticing that they are more self-aware and more present since using Peace of Mind
- 3rd grade teacher: Teachers and students are developing accountability to each other to use their Peace of Mind Skills - like Take 5 - when they need to
- One ELL teacher commented that the Brainy Puppet has been very helpful in working with anxious or distraught K and 1st graders
- Counselor who is new to PoM is finding that children and parents are responding positively to first lessons
- One educator is integrating PoM with yoga in her before school program and says it has been a natural fit. She appreciates the opportunities for older kids to teach younger kids, and notes that brain science lessons are especially helpful and appreciated by the kids
- Brain Science lessons and the "Flip your Lid" language and understanding is valued by all.

Educator Insights

- It's very important for PoM to have a place on the weekly classroom schedule
- It's helpful for parents and teachers to understand the connection between PoM and academic learning
- Teachers value having a print version of the curriculum, but would also value printable PDFs of the handouts, skits and lessons available online.
- The inclusion of mindfulness into student-led conferences has been powerful for third grade kids and parents. One teacher observes that during student-led conferences her parents comment most on mindfulness skills children have learned, saying that they value them as academic skills.

Parent perspective

- Parents would like to learn more about mindfulness themselves, and to have opportunities to practice with their kids
- Suggest parent evenings or parent/child events focused on mindfulness would be helpful

Suggestions and Requests

- Investigate Toyota Grant
- Explore whether SEL could be part of LEAP Leader training

- Contact Liz Davis at Teachers Union re: including Mindfulness and SEL Training in PD offerings
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- Create posters in 8.5 x 11 sizes too so that Kids can take them home
- Posters would be valuable at home as well as at school
- Provide teachers with templates for sending news home for parents