“These days, everyone is buzzing about the need to integrate mindfulness and social and emotional learning into schools. Well, here is a program that has been doing it successfully for almost 20 years. I am astounded by this beautiful curriculum... a brilliantly practical guide for teachers, one that understands kids - both how they think, and their imaginative capacities. Peace of Mind teaches the lived experience of peace, connection and support. This is a model for the classroom of the future.”

MISSION

The mission of Peace of Mind Inc, a nonprofit organization, is to encourage and support the comprehensive integration of effective mindfulness-based social and emotional learning programs in elementary schools to improve student well-being and to create kinder, more inclusive school climates. We do this through:

➢ **The Peace of Mind Program for Schools**
  The Peace of Mind Program includes curricula, storybooks, resources and training for PreK through Grade 5 that reflect our deep in-classroom experience, the experience of our pilot schools, and current research.

➢ **Outreach and Community Building**
  We build and support the Peace of Mind Community through an annual Peace of Mind Conference, Community of Practice gatherings, sharing resources over social media and creating partnerships. We also share what we have learned through presentations and workshops, and advocate for change in our schools.

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The Peace of Mind Program

- Weekly, grade-appropriate lessons integrate Mindfulness, Brain Science, SEL, Conflict Resolution
- Sequential, guided, 30-45 min each
- Spirals to reinforce key concepts
- Taught by teacher, counselor, homeschooling parent

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Core Curriculum & Storybooks

- Training: in-person, online
- Community of Practice
- Annual conference
- Connection to mindfulness training

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Advocacy & Education

- Presentations
- Workshops
- Social Media

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Educator Support/Training

- PTA presentations
- Online resources
- Inclusion in events

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Parent Support

- Puppets
- Class Journals
- Posters, Anchor Charts

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Classroom Resources

- A nonprofit corporation

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TeachPeaceofMind.org info@TeachPeaceofMind.org 2
Curriculum Overview

The *Peace of Mind Curriculum* integrates mindfulness practice and brain science as the foundation for weekly lessons on social and emotional learning and conflict resolution.

**Peace of Mind helps students:**

- Learn mindfulness skills to help become aware of and manage challenging emotions and to focus attention;
- Practice kindness, empathy, compassion and gratitude;
- Understand the neuroscience underlying the benefits of these practices;
- Apply mindfulness and SEL skills to use conflict resolution tools effectively;
- Develop a common language and skill set to help solve conflicts peacefully.

**Peace of Mind helps educators:**

- gain more time for teaching by giving students the tools to self regulate and solve conflicts peacefully;
- form close connections with their students;
- learn tools to manage their own stress.

**Peace of Mind helps schools move school climates toward kindness and inclusion.**
Curriculum Strengths

Comprehensive
- **Curricula** for Early Childhood, Grades 1 and 2, Grades 3-5, and Grades 4-5;
- **Classroom Materials** including Brainy the Puppet, posters, flashcards and games;
- **Teacher Training** and Support online and in-person;
- **Henry and Friends** Storybook Series to create a bridge from home to school.

Cutting-edge
Integrates Mindfulness, Brain Science, SEL and Conflict Resolution into one seamless, easy-to-use, weekly, curriculum.

Flexible, whole-school focus
Year-after-year spiralling lessons for PreK - Grade 5. Designed to be taught by classroom teachers, specials teachers or counselors; not a short-term outside provider model.

Evidence-based
Supported by current research, program evaluations, and deep field-testing. Meets ASCA standards and aligns with CASEL’s 5 Core SEL Competencies.

Trauma-sensitive
Guidance given for trauma-sensitive practices that respond to children's individual needs.

By educators for educators
Created by public school educators based on extensive classroom-testing. 16,000+ hours of in-classroom development preceded publication, and 900+ children/week are taught by PoM authors, creating model classrooms and opportunities for continual development.

Secular
Mindfulness is taught as brain training that enhances acquisition of SEL skills. Peace of Mind is used in public, public charter and private schools.

Growing
*The Peace of Mind Program* reached over 2,500 students around the Washington DC area this year. Thanks to word of mouth from one satisfied educator to another, educators in 35 states and 6 foreign countries have invested in Peace of Mind for their students.

TeachPeaceofMind.org
Curriculum Levels

Early Childhood
32 step-by-step, weekly lessons integrating mindfulness and social and emotional learning lessons for the youngest students. Many lessons include scripts for Brainy, the Peace of Mind hand puppet.
Sample Lesson: Mindful Breathing with Flowers
Sample Lesson: Games and Big Feelings

Grades 1 & 2
32 step-by-step, weekly lessons integrating mindfulness, SEL and conflict resolution practices for younger students, including worksheets, reproducible handouts, teacher guidance.
Sample Lesson: Learn About Your Brain with Brainy
Sample Lesson: Feeling Grateful

Grades 3 to 5
32 step-by-step, weekly lessons integrating mindfulness, SEL and conflict resolution practices for older students, including original skits and role plays to support lesson themes, along with reproducible handouts and teacher guidance.
Sample Lesson: The THiNK Test
Sample Lesson: Gratitude is Awesome

Grades 4 & 5
Our newest curriculum includes 33 step-by-step weekly lessons that help older children take ownership of the skills they are learning. Lessons help students use the skills they are learning not only to self regulate, but to notice and address unfair and unkind treatment of others. This curriculum is designed to be both an introduction to this work for older students, and a continuation for students who have already had the Core Curriculum for Grades 3-5. Publication date: August 2019. Sample lessons will be found at TeachPeaceofMind.org.

For more information, please visit TeachPeaceofMind.org.
Implementation Overview

1. **Administrators, Teachers, Counselors meet with Peace of Mind (PoM): in person or by phone.** Review school’s needs and goals and how PoM can help. Discuss conditions for success. Decide on Peace Teacher Model or Classroom Teacher Model, or another model that better fits your needs.

2. **Agree on PoM’s place in your school.** Given your school’s needs and goals, decide how Peace of Mind will best fit in your school’s schedule. Designate weekly time in the schedule for Peace of Mind Class. Designate PoM Liaison.

3. **Order PoM Curricula and Materials**
   Review Cost-planning worksheet with PoM. Contact PoM to order Curricula, Storybooks, Classroom Resources that will serve you best. Title I Schools may also apply for grants to help with materials costs.

4. **Participate in beginning of year PoM training**
   Arrange two-hour PoM training for educators before teaching begins. Review program philosophy and Theory of Change; supporting research; goals by grade; curriculum structure and overview; experiential mindfulness practice; talking with parents; conditions for success.

5. **Commit to personal mindfulness practices**
   Support teachers developing their own mindfulness practices to help manage stress and model what they are teaching. Consult with PoM on resources.

6. **Teach the Peace of Mind Curriculum**
   Honor a regular weekly 30-45 minute time for Peace of Mind Class. Sequence matters. For best outcomes, 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. Integrate lesson components throughout the week. Seek support when needed.

7. **Participate in PoM Training and Support opportunities throughout the year**
   Create a Community of Practice within your school. Provide educators with access to PoM online training materials. Consider a mid-year 60 minute PD with PoM to check-in, answer questions. Encourage educators to attend PoM Communities of Practice gatherings. Encourage educators to attend Peace of Mind January Conference. Seek additional support and training as needed.

8. **Evaluation**
   Consider working with PoM to offer pre- and post surveys to teachers and older students and focus groups with younger students.

9. **End of year review** with PoM Staff.
Training and Support

Online

Please consider taking the following classes before you begin teaching the Peace of Mind Curriculum.

Course # 1: Introduction to Mindfulness and Social and Emotional Learning
Course # 2: Getting Started with the Peace of Mind Curriculum


Individual fee: $25 for one course; $40 for two courses.
Discounted School Fee: $500 for access to two courses for up to 25 users.

In-person

Professional Development in the Washington DC metro area (2 hours/2 instructors)
Up to 25 participants $700
25 to 50 participants $780

Annual Conference (Jan 26, 2020) $35 per participant

Community of Practice Gatherings No charge

Questions

Join the Peace of Mind mailing list to receive registration information, email teachpeaceofmind@gmail.com, or visit TeachPeaceofMind.org.
The *Peace of Mind Curriculum* is written for professional educators, designed by teachers for teachers to be “ready to use.” Required materials include the curriculum and readily available storybooks. Supporting materials and training are highly recommended, but optional.

**Required: The Peace of Mind Curriculum (one curriculum per teacher)**

<table>
<thead>
<tr>
<th>Curriculum</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Curriculum for Early Childhood</td>
<td>$49.95</td>
</tr>
<tr>
<td>Core Curriculum for Grades 1 and 2</td>
<td>$49.95</td>
</tr>
<tr>
<td>Core Curriculum for Grades 3-5</td>
<td>$49.95</td>
</tr>
<tr>
<td>Curriculum for Grades 4 and 5</td>
<td>$49.95</td>
</tr>
</tbody>
</table>

**Recommended: Peace of Mind Supporting Materials**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Journals</td>
<td>$7 each</td>
</tr>
<tr>
<td>Ways to Practice Mindfulness Posters</td>
<td>$15 each</td>
</tr>
<tr>
<td>Anchor Charts (Brain and Toolbox)</td>
<td>$6 each</td>
</tr>
<tr>
<td>Brainy the Puppet</td>
<td>$12.95 per classroom</td>
</tr>
</tbody>
</table>

**Recommended: orientation, training and support**

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning of year 2 hour group training</td>
<td>$700.00</td>
</tr>
<tr>
<td>Online Courses</td>
<td>$500 for whole school package</td>
</tr>
<tr>
<td>Online training/mentoring sessions</td>
<td>varies according to need</td>
</tr>
<tr>
<td>Peace of Mind January Conference</td>
<td>$35 per educator</td>
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**Required: Storybooks* and Materials NOT Available through Peace of Mind (next page)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Storybooks for Grades 1 and 2</td>
<td>$75.00 estimated</td>
</tr>
<tr>
<td>Storybooks for Grades 3 to 5</td>
<td>$130.00 estimated</td>
</tr>
<tr>
<td>Materials per classroom</td>
<td>$50.00 estimated</td>
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</table>

# Books and Materials Required

<table>
<thead>
<tr>
<th>Grades 4 and 5</th>
<th>Author</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Required Books</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>Linda Ryden</td>
<td><em>Tyaja Uses the THINK Test</em></td>
</tr>
<tr>
<td>Week 11</td>
<td>Erin Frankel</td>
<td><em>Weird! A Story about Dealing with Bullying in Schools</em></td>
</tr>
<tr>
<td>Week 12</td>
<td>Erin Frankel</td>
<td><em>Dare!</em></td>
</tr>
<tr>
<td>Week 13</td>
<td>Erin Frankel</td>
<td><em>Tough!: A Story about How to Stop Bullying in Schools</em></td>
</tr>
<tr>
<td>Week 14</td>
<td>Linda Ryden</td>
<td><em>Sergio Sees the Good</em></td>
</tr>
<tr>
<td>Week 17</td>
<td>Linda Ryden</td>
<td><em>Rosie’s Brain</em></td>
</tr>
<tr>
<td><strong>Materials</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chime or Bell, Breathing Ball</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grades 3-5</th>
<th>Author</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td><strong>Required Books</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>Gail Silver</td>
<td><em>Steps and Stones</em></td>
</tr>
<tr>
<td>Week 8</td>
<td>Derek Munson</td>
<td><em>Enemy Pie</em></td>
</tr>
<tr>
<td>Week 16</td>
<td>Dr. Seuss</td>
<td>&quot;The Zax&quot; in The Sneetches and Other Stories</td>
</tr>
<tr>
<td>Week 19</td>
<td>Trudy Ludwig</td>
<td><em>Sorry</em></td>
</tr>
<tr>
<td>Week 29</td>
<td>Peggy Moss</td>
<td><em>Say Something</em></td>
</tr>
<tr>
<td>Week 31</td>
<td>Sara Marlowe</td>
<td><em>No Ordinary Apple</em></td>
</tr>
<tr>
<td><strong>Throughout</strong></td>
<td>Linda Ryden</td>
<td><em>Rosie’s Brain, Henry is Kind</em></td>
</tr>
<tr>
<td><strong>Materials</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chime or Bell, Breathing Ball</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grades 1-2</th>
<th>Author</th>
<th>Item</th>
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<tbody>
<tr>
<td><strong>Required Books</strong></td>
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<td></td>
</tr>
<tr>
<td>Week 2</td>
<td>Lauren Alderfer</td>
<td><em>Mindful Monkey, Happy Panda</em></td>
</tr>
<tr>
<td>Week 5</td>
<td>Leo Lionni</td>
<td><em>A Color of His Own</em></td>
</tr>
<tr>
<td>Week 9</td>
<td>Peggy Moss</td>
<td><em>One of Us</em></td>
</tr>
<tr>
<td>Week 13</td>
<td>Janice May Udry</td>
<td><em>let’s Be Enemies</em></td>
</tr>
<tr>
<td>Week 15</td>
<td>Paul Showers</td>
<td><em>A Listening Walk</em></td>
</tr>
<tr>
<td>Week 16</td>
<td>Sarah Lamstein</td>
<td><em>I Like Your Buttons</em></td>
</tr>
<tr>
<td>Week 17</td>
<td>Nancy E. Wallace</td>
<td><em>The Kindness Quilt</em></td>
</tr>
<tr>
<td>Week 18</td>
<td>Trudy Ludwig</td>
<td><em>The Invisible Boy</em></td>
</tr>
<tr>
<td>Week 20</td>
<td>Gail Silver</td>
<td><em>Anh’s Anger</em></td>
</tr>
<tr>
<td>Week 23</td>
<td>Linda Ryden</td>
<td><em>Rosie’s Brain, Henry is Kind</em></td>
</tr>
<tr>
<td>Week 26</td>
<td>Tad Hills</td>
<td><em>Duck and Goose</em></td>
</tr>
<tr>
<td><strong>Materials</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chime or Bell, Breathing Ball, Brainy Puppet</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Early Childhood</th>
<th>Author</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td><strong>Required Books</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>None (suggested optional books included for each lesson)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Materials</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chime or Bell, Puzzle, 2 Hand Puppets, Breathing Ball</td>
</tr>
</tbody>
</table>
Peace of Mind Resources

**Peace of Mind Curriculum Guides**  $49.95 each
- Core Curriculum for Early Childhood
- Core Curriculum for Grades 1 and 2
- Core Curriculum for Grades 3 to 5
- Peace of Mind Curriculum for Grades 4 and 5

**Peace of Mind Core Curriculum Series**  $120.00
- Three volumes: Early Childhood, Grades 1-2, Grades 3-5

**Peace of Mind Storybooks by Linda Ryden**
- Tyaja Uses the Think Test  $16.95
- Sergio Sees the Good  $16.95
- Henry is Kind  $16.95
- Rosie’s Brain  $14.99

**Peace of Mind Mindfulness Card Set**
- 10 Ways to Practice Mindfulness  $10.00
Peace of Mind Resources

**Peace of Mind Anchor Charts**  $6 each
For use with all Peace of Mind Curricula
12 x 18 inches; glossy finish, sturdy card stock

**Ways to Practice Mindfulness Poster**  $15 each
For use with all Peace of Mind Curricula
18x24 inches; laminated and sturdy

**Peace of Mind Student Journal**  $7 each
32 pages for weekly reflections; certificate at end
8 ½ x 11 inches; sturdy color cover with b/w interior

**Peace of Mind Conflict CAT Game**  $15 each
Role-Play Game that helps kids practice using skills to Calm Down, Apologize and use Tools to solve Conflicts
Playing cards with instructions in a handy canvas bag.

For more information or to order, please contact us at TeachPeaceofMind@gmail.com, or visit https://TeachPeaceofMind.org
Testimonials

Henry and Friends Storybook Series

*These delightful, captivating books are full of powerful practical methods for kids - and their parents.*

Rick Hanson, Ph.D., author of *Resilient, Hardwiring Happiness, and Buddha’s Brain*

About Tyaja Uses the THiNK Test

*In this simple and clear story, Linda Ryden offers valuable lessons for our children to bring more clarity, care and thoughtfulness to the power of words.*

Oren Jay Sofer, author of *Say What You Mean: A Mindful Approach to Nonviolent Communication*

About Henry is Kind

*Linda Ryden's kids' book about Heartfulness practice is bright, fun and engaging, which is wonderful because it means kids will love it. And, the book provides an easy way for teachers and parents to help children understand and enjoy being kind, which means adults will love it too. It is a pleasure to think of the benefits Henry is Kind may bring to children and families.*

Sharon Salzberg, author of *Real Happiness* and *Real Love*

About Sergio Sees the Good

*I absolutely adore Sergio. It's a really relatable story for both kids and adults. The science is just right - totally accessible but not "dumbed down." I think it's also great that you touched on how one can overcome the negativity bias in daily life by noticing and feeling grateful for the "little, good things", even though that feels more effortful.*

Dr. Elizabeth Hoffman, Neuroscientist
The Peace of Mind Curriculum Series

Finding quality, accessible, purposeful resources that have an immediate and positive impact on learners is a school leader’s persistent goal. This Peace of Mind Curriculum achieves that aim as it provides educators with a set of teacher-developed-and-tested lessons that build a foundation of respect for self and other.

- Principal Liz Whisnant, Horace Mann Elementary School, Washington D.C.

This is an extraordinary curriculum, at once practical and visionary. The lessons are thoughtfully and meticulously scaffolded as the children are guided step-by-step into an understanding of how their brains work, how to interact with the world with kindness, and how to master themselves. In this age of anxiety, what could be more important or valuable than to teach children at an early age how to interpret and navigate their big emotions, calm themselves, and by extension, each other?

- Val Carroll, Early Childhood Arts Integration Educator, Washington D.C.

We want our children to master their academics but we equally want them to master being good citizens who care about one another and the world at large. The Peace [of Mind] Program does just that. In an age where bullying has become a major problem, the Program is proactive instead of reactive, thereby eliminating some of those problems before they begin.

- Jackie Snowden, former Assistant Principal, Lafayette Elementary School, Washington D.C.
I use Peace of Mind every day in my classroom not only because it supports my own personal meditation practice, but also because I have seen the positive impact it has had on my students over the past six years. Peace of Mind should be in every classroom in America because every child will benefit from looking inward, understanding themselves, and sharing their positivity with others.

-Jared Catapano, 4th Grade Teacher, Washington D.C.

You have done such an outstanding job and this is such a comprehensive curriculum. I am implementing your program...and strongly encouraging my colleagues in our district to do so also.

- Cathy Stainbrook, M.A.E, Professional School Counselor, Iowa.

I started using the curriculum and it’s wonderful! The lessons are easy to follow and very well thought out. The curriculum fits well with the Mindful Schools training that I did a few years ago. I’m very pleased with my purchase.

- Kree Barus, Grade 2 Learning Support Teacher, American School, Jeddah S.A.

The importance of teaching kindness, compassion, how to get along, what to do if there is bullying, and how to handle or possibly to avoid conflicts cannot be overstated. The Peace [of Mind] program works. We have been able to see the difference between the students' ability to handle conflicts over the years and we have seen improvement.

- Lisa Jensen and Blake Yedwab, Elementary School Teachers, Washington D.C.
Contact

Could Peace of Mind be of service to you and your school?
We’d love to talk with you. Please contact:

Cheryl Dodwell
Executive Director, Peace of Mind Inc
Info@TeachPeaceofMind.org
TeachPeaceofMind.org