

## Core Curriculum for Early Childhood

### Materials:

- Bell or chime - Choose a bell or chime with a full, clear sound that continues for many seconds after ringing it.
- Two puppets - One of your choosing and Peace of Mind's *Brainy the Puppet*™
- Kindness Pal lists – Included in the Appendix
- **Week 5:** Small tangible items such as a rock, marble, or paper clip for each student to hold during the game Don't Lose Your Focus!
- **Week 12:** Floor Puzzle with enough pieces for each student to have one for most classes a 2x3 floor puzzle with 24 pieces will be sufficient.
- **Week 13:** Stuffed animal or other object that can be passed around in a circle, and enough small toys or other interesting items for partners to share.
- **Week 19:** Several different strong-smelling items to pass around for students to sniff.
- **Week 20:** One raisin for each student to taste.

### Books and Videos

There are no required books and videos for this curriculum. However, we suggest the following optional materials that you might use to extend your lessons.