



# Introduction

Supporting students' social and emotional well-being has never been more important. Our kids and educators are coping with anxiety and fear related to the Covid-19 pandemic and facing great uncertainty about returning to school. Before 2020 we knew that we had some students who had experienced some sort of trauma; we know now that all of our students have been through a traumatic experience.

This second edition of the *Peace of Mind Core Curriculum for Grades 1 and 2* includes more trauma-informed practices throughout. We have also included a greater focus on understanding and practicing gratitude which research has shown to be a powerful tool in combating fear and anxiety and building resilience.

Since we published the first version of this curriculum in 2016, we have continued to learn and develop this program with Linda's students in the dynamic setting of a public school classroom here in Washington D.C.. We have also had the good fortune to hear from many of the educators using the *Peace of Mind Curriculum* at our Annual Conferences and Community of Practice meetings. As a result, you'll find more hands-on activities as well as more movement and pair-sharing incorporated into lessons. We hope you will also enjoy new lessons built around the Peace of Mind story books and several stories to act out written just for the Peace of Mind curriculum.



It has been so exciting to see how educators across the country, and even internationally, have taken up this important work and made this curriculum their own. We hope that you will bring your own experience and skills to bear in adapting the lessons to meet your students' needs in the ways that work best for them and for you.

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 July 2021

