

Lessons At-a-Glance

Unit 1 – Community Building and Introduction to Mindfulness			
Lesson	Mindfulness Skill	Lesson Objective(s)	CASEL
1. Introduction to Peace Class	Mindful Listening	Introduce Peace of Mind Class. Engage students in mindfulness. Introduce Peace Partners to begin to form connections within the group. Establish class norms.	2, 3, 4
2. Who am I?	Balanced Breathing	Engage in self-reflection about our identities. Engage students in mindfulness. Assign new Peace Partners. Revisit class norms.	1, 2, 3, 4
3. Who are You?	Squeeze and Release	Build class community. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
4. THiNK Test	Four Square Breathing	Learn how to communicate mindfully. Practice thinking before you speak. Practice kindness.	1, 2, 3, 4
Unit 2 – Your Body, Your Mind, Your Feelings			
5. See, Hear, Feel	See, Hear, Feel	Learn a new way of practicing mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4
6. Visualization	Visualization	Learn the skill of visualization to calm down and focus. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4
7. Find your Feelings	Recognizing Feelings	Learn to relate physical feelings to our emotions. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4

Lesson	Mindfulness Skill	Lesson Objective(s)	CASEL
8. Remote Control Breathing	Remote Control Breathing	Increase awareness of when our thoughts wander. Practice noticing thoughts. Practice kindness. Assign new Peace Partners.	1,2,3,4
9. Where are your Thoughts?	Past, Present, or Future	Notice if thoughts are mostly about the past, present or future. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
Unit 3 – Gratitude and Negativity Bias			
10. The Negativity Bias	Web of Gratitude	Learn about the Negativity Bias and how we can “hack” our brains to reduce its power. Practice kindness. Assign new Peace Partners.	1, 2, 3,4
11. Expressing Gratitude	Web of Gratitude	Practice Gratitude. Recognize how expressing gratitude makes you feel. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
Unit 4 – Your Brain and Your Thoughts			
12. Meet Your Brain	Take 5 Breathing	Learn about three key parts of the brain. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
13. Your Brain and Basketball	Student choice: Take Five, Gravity Hands, Clench and Release, Four Square, See, Hear, Feel	Introduce student choice in mindfulness practice. Deepen understanding of how parts of the brain are interrelated through the Elijah’s brain skit. Practice kindness. Assign new Peace Partners.	2, 3, 4
14. Flow	Flow	Learn about the concept of flow. Explore how flow applies to students’ lives. Practice a new mindfulness exercise. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5

Unit 5 – Conflict Resolution			
Lesson	Mindfulness Skill	Lesson Objective(s)	CASEL
15. Introduce the Conflict Escalator	Gravity Hands	Learn about what causes conflicts to escalate. Learn a new way to talk about conflict escalation. Use skits to notice when a conflict is escalating. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
16. MOFL or Awful (Apologizing)	Recognizing Feelings	Explore methods to de-escalate conflicts. Explore what makes a good apology. Practice apologizing. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
17. The Conflict CAT	Student choice: Take Five, Gravity Hands, Clench and Release, Four Square, See, Hear, Feel	Learn and practice using the Conflict CAT to resolve conflicts. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
18. Conflict CAT continued	Student choice: Take Five, Gravity Hands, Clench and Release, Four Square, See, Hear, Feel	Practice using the Conflict CAT. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
19. Conflict CAT Game (optional)	Student choice: Take Five, Gravity Hands, Clench and Release, Four Square, See, Hear, Feel	Practice Conflict Resolution skills. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
Unit 6 – Implicit Bias, Stereotypes, and Actions			
20. Compassion for Ourselves and Others	Heartfulness	Practice giving compassion to ourselves and to others. Learn the mindfulness practice Heartfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5

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21. Fast and Slow Thinking	Remote Control Breathing	Learn about Fast and Slow Thinking. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
22. Like A What?	Remote Control Breathing	Learn about stereotypes and bias. Engage students in mindfulness. Establish terms. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
23. Everybody Cries	Remote Control Breathing	Continue to explore stereotypes and bias.. Engage students in mindfulness. Establish terms. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
24. Bias and Discrimination	Remote Control Breathing	Learn more about bias and discrimination. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
25. What is Implicit Bias?	Remote Control Breathing	Learn about implicit, or unconscious, bias. Apply knowledge of brain science to help address bias. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
26. Using Mindfulness to Notice Bias	Flashlight Body Scanning	Learn to use mindfulness skills to help us notice what we are thinking about others and identify implicit bias. Practice kindness.	1,2,3,4,5
27. That's Not Me	Four Square Breathing	Continue to explore bias and stereotypes. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5

Lesson Title	Mindfulness Practice	Practice Description	
28. Counter Stereotypes	Four Square Breathing	Learn to use mindfulness skills to help us notice what we are thinking about others. Identify counter stereotypes. Practice kindness.	1, 2, 3, 4, 5
29. Speaking Up	Recognizing Feelings	Explore how to use what we've learned to stand up against unfair and unkind treatment of others. Practice kindness.	1, 2, 3, 4, 5
30. Burgers and Bullying	See, Hear, Feel	Learn how to take action when we witness or experience unkind action based on bias. Recognize the powerful role a bystander can play in bullying. Help to build the courage to stand up for yourself and others. Engage students in mindfulness. Practice kindness. Assign new Peace Partners.	1, 2, 3, 4, 5
31. Just Like Me	See, Hear, Feel	Reinforce our common humanity. Build our sense of community. Engage students in mindfulness. Practice kindness. Assign final Peace Partners.	1, 2, 3, 4, 5
<i>Reflection and Wrapping it Up</i>			
32. Reflection and Next Steps	Student Choice	Reflect and consider next steps. Engage students in mindfulness. Practice kindness.	1, 2, 3, 4, 5

*Correlation with the five Core SEL Competencies identified by the Collaborative for Social Emotional Learning (CASEL.org)

1. Self-Awareness
2. Self-Management
3. Social Awareness
4. Relationship Skills
5. Responsible Decision Making