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Peace of Mind is a teacher-created, evidence-based program that supports mindfulness-based social and emotional learning in PreK through Grade 6. The Peace of Mind Program helps children develop life skills to notice and manage challenging emotions, build healthy relationships and solve conflicts peacefully. Peace of Mind moves schools toward kindness and inclusion.



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THESE DAYS, EVERYONE IS BUZZING ABOUT THE NEED TO INTEGRATE MINDFULNESS AND SOCIAL AND EMOTIONAL LEARNING INTO SCHOOLS. HERE IS A PROGRAM THAT HAS BEEN DOING IT SUCCESSFULLY FOR ALMOST 20 YEARS.... THIS IS A MODEL FOR THE CLASSROOM OF THE FUTURE.

Jeff Warren, Mindfulness Teacher and co-author with Dan Harris of Meditation for Fidgety Skeptics

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, Elementary School Teacher

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

## Peace of Mind Overview

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

**The Peace of Mind program includes** **Curricula** for PreK-Grade 6, **Classroom Materials**, **Teacher Training**, and the **Henry and Friends** Storybook Series.

**Peace of Mind is flexible** and may be taught by classroom teachers, counselors, specials

**Peace of Mind is by teachers for teachers.** The program reflects over 16,000 hours of in-classroom development. Curriculum authors continue to teach *Peace of Mind* to over 900 children every week.

**Peace of Mind is evidence-based.** The program is supported by **current research**, program **evaluations**, and deep field-testing. Peace of Mind meets ASCA standards and supports **CASEL's 5 Core SEL Competencies**.

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