



Peace of Mind: Core Curriculum for Grades 1 and 2: Effectively Integrating Mindfulness, Social and Emotional Learning and Conflict Resolution for a More Positive and Inclusive School Climate

Linda Ryden, Cheryl Dodwell

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Peace of Mind effectively integrates Mindfulness, Social Emotional Learning, and Conflict Resolution into one weekly curriculum for elementary school students.

The engaging lessons in *Peace of Mind* teach students to focus their attention, build healthy relationships and solve conflicts peacefully, and help students develop a personal mindfulness practice.

Peace of Mind reflects over a decade of in-classroom development and is research-based. Lessons are scripted, detailed, easy-to-follow, and fun, and are designed to meet the needs of novice to veteran teachers.

Peace of Mind: Core Curriculum for Grades 1 and 2 includes 32 sequential lessons, hand-outs, posters, original skits and teacher resources. Everything you need is here except readily-available story books.

To hear what teachers, students, parents and communities are saying about *Peace of Mind*, please visit www.TeachPeaceofMind.com.

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