ANNUAL REPORT

December 16, 2020

Thank you for your incredible, healing resources you provided during the quarantine period.
- Social Worker, Public Charter School

Dear Peace of Mind friends and family,

We're almost there - the end of 2020! Thanks to the generous support of our donors, we've been able to continue supporting our students and educators with effective mindfulness-based social emotional, conflict resolution and social justice resources during this very challenging year.

Peace of Mind is now reaching over 3,000 children in the DC area and over 4,000 more nationwide through dedicated, passionate teachers, counselors and social workers in public, public charter and independent schools - but this year, reaching them in new ways.

Adapting to the times

Our small team has been working harder than ever to create resources to help educators and students cope with both the emotional impact of Covid-19 and our nation's reckoning with race and injustice. Thanks to your generous support, we have been able to make many of our resources free, increasing access for all. Donor support this year has enabled us to:

- Create a free Virtual Lesson Series and expand our free Mindfulness Video Library to help educators respond directly to children's Covid-related emotional needs;
- Expand and publish our new *Middle School Curriculum* and create and publish our new *Social Justice Lesson Supplement for Grades 3-5,* both available as free downloads, to help educators engage students in mindful, compassionate conversation around social justice issues;
- Support educators through a new monthly program of free Virtual Community Circles, virtual Community of Practice Gatherings, our Annual Conference, and 1:1 consultations;
- Spread the word about the value of mindfulness in addressing children's Covid-related emotional needs and social justice issues through Linda's keynote address at the annual conference of the National Network Of State Teachers of the Year and other presentations;
- Translate our popular storybook *Rosie's Brain* and all of our elementary student materials into Spanish, part of our approach to supporting equity in our schools;
- Continue to support Peace of Mind founder Linda Ryden's work as the full-time Peace Teacher at Lafayette Elementary, keeping our work firmly rooted in the classroom.

Expanding our Circle of Support

Throughout it all, our circle of support has generously, thankfully widened. Though Covid-related educational uncertainty meant significantly lower earned income for Peace of Mind this year, our committed individual donors stepped up to support our work. We were grateful to be chosen as "one of the best local nonprofits" by the Catalogue for Philanthropy. We welcomed a new major donor along with our first three corporate donors: Bates White, Covington & Burling LLP, and Johnson & Johnson. We were honored to receive a full renewal of our grant from the Bender Foundation and continued support from The Fund for the Future of Our Children.

We are so grateful for the many ways our volunteers, especially our Board of Directors and our Advisors, have helped us rise to the challenges of 2020. We are in a better place than we expected to move into the new year - but there is still so much to be done and funds to raise.

The year ahead

As our Peace of Mind Community grows, our small staff needs to grow modestly too. In the year ahead, we need to support our educators nationwide through Community of Practice gatherings, our Annual Conference, and new online courses; develop cutting-edge mindfulness based SEL and Social Justice resources for students; and provide expanded support to Title I schools adopting Peace of Mind.

Invitation to give

In order to continue to meet our children's needs, we do still need your support! We invite you to consider a year-end gift to Peace of Mind to support our work on behalf of the educators and students working so hard to teach, learn and stay well during these challenging times. You may donate through our website, TeachPeaceofMind.org, or with a check to Peace of Mind Inc. mailed to the address below.

Please don't hesitate to contact us directly with your questions and thoughts - we'd love to hear from you. With deep gratitude and warm wishes for the health and well-being of you and your loved ones.

Cheryl Dodwell
Executive Director
Peace of Mind Inc.
240 273 8084

Linda Ryden
Peace Teacher, Founder

Board of Directors

Subrat Biswal Elizabeth Hoffman Darrel Jodrey
Linda Ryden Chapin Springer Liz Whisnant

Board of Advisors

Janine Rudder Harriet Sanford Avideh Shashaani
Jackie Snowden Dave Trachtenberg Rie Odsbjerg Werner

Peace of Mind by the numbers in 2020

An estimated 7,000 students receive the *Peace of Mind Curriculum* nationwide at public, public charter and independent schools.

Peace of Mind Founder Linda Ryden continued to teach more than 700 students every week virtually at Washington DC's largest elementary school.

190 educators took part in our annual conference, Virtual Community Circles, and online courses.

130 individual donors now support our work! Thank you!

60 educators and parents at our 2020 Peace of Mind Conference gathered to talk about educator self-care and helping our kids apply mindfulness outside of the classroom.

Over 25 Peace of Mind Students have become Peace of Mind Ambassadors who talk with educators, parents and peers about the value of Peace of Mind practices.

5 Curriculum Guides! The new *Peace of Mind Core Curriculum for Middle School* came out in Fall 2020, after a pilot in DCPS at Ida B. Wells Middle School.

5 Peace of Mind Storybooks - including a new version of *Rosie's Brain* in Spanish!

3 New Corporate Partners joined us in 2020: Bates White, Covington & Burling LLP, and Johnson & Johnson. Thank you!!

2 Generous, Steady Foundation Partners. Thank you Bender Foundation and Fund for the Future of Our Children!

Thank you from the Peace of Mind Board of Directors

Thank you so much! Your support is an incredible boost for us and will allow us to keep providing what we know kids need to get through these hard times. Your continued support means so much to us. - In peace, Linda Ryden, founder

As a board member and as the parent of two children who look forward to "Peace Class" every week, let me extend my deepest thanks for your support. This work has never felt more important and your support makes it possible. - Chapin Springer

Thank you so much for your generous support for the mental health of students during a time of heightened anxiety and uncertainty. Your kindness is much appreciated. - Subrat Biswal

I send deep gratitude for your continuing support. The work of Peace of Mind has become more essential and relevant over the last year. I'm proud to witness the meaningful support it has extended to educators and families across the city and country. Thank you! - Liz Whisnant

We are immensely grateful for your continued support of Peace of Mind. The last several months have been acutely challenging for educators, students and families across the country. We are developing new curricula to meet these needs and your support makes it possible to continue our efforts. Thank you! - Elizabeth Hoffman

Thank you for the tremendous support. Thank you for believing in the Peace of Mind program, which has never been more relevant and needed than during these tumultuous times. Thank you for helping ensure that this program is available to children, parents, and educators in communities near and far.
Your support means so much. Thank you. - Darrel Cox Jodrey