ANNUAL REPORT

December 8, 2021

Dear Peace of Mind friends and family,

We're almost there - the end of 2021! **Thanks to your generous contributions**, we've been able to continue supporting our students and educators with effective mindfulness-based social emotional, conflict resolution and social justice resources during another very challenging year. We're pleased to share here our 2021 Annual Report. We hope you are as excited about the impact your support has made possible as we are! And we hope you will stay with us and build on this work in the year ahead.

Before this year, we knew that some children in every classroom were likely to have experienced significant trauma. Now we know that all students have been through a significant traumatic experience. Supporting students' social and emotional well-being is critical to helping kids cope with the anxiety and fear related to the COVID-19 pandemic and the continued challenges around the return to school. Peace of Mind has been working hard this year to meet these needs.

Your support this year has enabled us to:

- Reach over 4,000 students in PreK-8 in the DC metropolitan area and over 10,000 more nationwide through dedicated, passionate teachers, counselors and social workers in public, public charter and independent schools.
- Support 256 individual educators through our Annual Conference, Community of Practice Gatherings, Virtual Community Circles, and Mindful Meet-ups. Holding these events virtually enabled us to serve the largest number of Peace of Mind teachers to date.
- Lift up the voices of Peace of Mind teachers, social workers and counselors as the main speakers, panelists and moderators at all of our Peace of Mind events.
- Revise and publish the second edition of our *Peace of Mind Core Curriculum Guide for Grades 1 & 2* and develop, write and publish a new Core Curriculum Guide just for Grade 3, responding to requests from educators and directly meeting the needs of students now.
- Develop, write, design and publish our 6th storybook, *Marleigh is Mindful,* a how-to guide for kids about using mindfulness to manage big emotions, including the anxiety, loneliness, and fear, and anger that so many of our kids are experiencing.. This is a book for our times.
- Complete two important video projects: Our first professionally produced short film about the impact of Peace of Mind and six new relevant, engaging training videos as part of the revision of our online training courses.
- 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.

Looking ahead

In September 2021, we completed work on our strategic plan for the next 3 years. Though we don't yet know how children will be impacted in the years to come by what they have experienced in the last 18 months, we do know that as students and educators continue to grapple with a national reckoning with race and racism, while living, working, and learning amidst a global pandemic, the needs for social and emotional learning, conflict resolution and social justice will only increase. Peace of Mind teaches the skills that will help.

We currently have a full time staff of 1.5, an active volunteer Board, and an annual budget of $154,700. If we are able to modestly increase our staff's capacity, we can do so much more.

Over the next three years we aim to raise $150,000 to hire the staff that will enable us to strengthen our training and community support for educators, develop needed resources, and increase outreach to schools. Our goal is to double the number of children reached in the DC area and nationwide by the end of 2024, resulting in improved student mental health and well-being in the DC metro area and beyond.

Invitation to give

We hope that you will stay with us on the journey ahead. We invite you to consider renewing your support for Peace of Mind's work on behalf of the educators and students working so hard to teach, learn and stay well during these challenging times.

If you would like to find a time to talk more about Peace of Mind's work and how our interests align, please let us know. We would really enjoy a conversation.

With deep gratitude and warm wishes for the health and well-being of you and your loved ones,





Cheryl Dodwell
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Linda Ryden
Peace Teacher, Founder

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

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Janine Rudder Harriet Sanford Avideh Shashaani
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To make a donation, please visit https://TeachPeaceofMind.org/contribute/ Thank you!

Peace of Mind By the Numbers in 2021

An estimated 14,000 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.

256 educators took part in our Annual Conference, Virtual Community Circles, Community of Practice Gatherings, Mindful Meet-Ups and online courses.

160+ individual donors have supported our work! Thank you!

90 educators and parents at our 2021 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.

8 Title I Schools received grants through the Fund for the Future of our Children to support their purchase of Peace of Mind resources.

6 Curriculum Guides! The new *Peace of Mind Core Curriculum for Grade 3* came out in Fall 2021 along with the second edition of the *Peace of Mind Core Curriculum for Grades 1&2*

6 Peace of Mind Storybooks - including our newest, *Marleigh is Mindful*

Thank you to our very generous Foundation and Corporate Funders!

The Morris and Gwendolyn Cafritz Foundation, The Bender Foundation, The SuPau Fund, The Knepper Charitable Gift Fund, The Benevity Community Impact Fund, The Fund for the Future of Our Children, and one very generous anonymous Family Fund

Johnson & Johnson * Covington & Burling

Thanks from our Board of Directors….

Wow!! Thank you so much! This 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. - Dr. 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! - Dr. 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

To make a donation, please visit https://TeachPeaceofMind.org/contribute/ Thank you!

Testimonials from Peace of Mind Community Members

I am astounded by this beautiful curriculum... a brilliantly practical guide for teachers, one that understands kids - both how they think, and their imaginative capacities. This is a model for the classroom of the future.

Jeff Warren, Mindfulness Teacher; Co-author with Dan Harris of *Meditation for Fidgety Skeptics*.

As we prepared to open DC's newest middle school, we knew it was critically important to plan for intentional social emotional learning opportunities. Many developmental psychologists recommend meditation and mindfulness practices to be taught to adolescent students as their bodies and brains continue to grow and change. We were thrilled to partner with the Peace of Mind team to bring the curriculum to our middle school students in our inaugural year! As our students learn and practice self-regulation and conflict resolution strategies from the curriculum, we know it will support their well-balanced development and achievement.

DCPS Principal Megan Vroman

This is an extraordinary curriculum, at once practical and visionary. The lessons are thoughtfully and meticulously scaffolded as the children are guided step-by-step into an understanding of how their brains work, how to interact with the world with kindness, and how to master themselves. In this age of anxiety, what could be more important or valuable than to teach children at an early age how to interpret and navigate their big emotions, calm themselves, and by extension, each other? A must read for early education teachers everywhere.

Val Carroll, Early Childhood Educator

I loved teaching the Peace of Mind Program! It was easy to follow and the students benefited tremendously from the program. I would receive amazing feedback from parents, who would ask, "What are you teaching those kids!" Our Junior Kindergarten teacher received an email from a parent once explaining that her 4 year old explained all three parts of the brain at bedtime and that his mommy needed to calm herself down so that she could use her prefrontal cortex instead of her Amygdala! **Shaun Doherty, School Counselor**

Learning about controlling my actions and speech helped me when transitioning from elementary school to middle school because sometimes I am stressed out from assignments, or just mad because I missed the bus and I want to lash out and express my feelings. My amygdala is starting to control my brain. But when I have those moments, I think about the THINK test and if what I say or do will hurt someone. So, I take some deep breaths and calm myself down.

6th Grader, Peace of Mind Ambassador

About our Annual Conference

"These were two of the most inspiring hours online or offline I have spent since March 2020. Hands down."

"I just wanted to send a big thank you for an amazing morning!! I'm feeling at peace and inspired."

"It was a wonderful experience and I am so grateful for the opportunity to introduce this program to my students. "

"Thank you for the amazing conference! This conference was so helpful for me to learn more ways to incorporate mindful moments in my day and I am super excited to join the 30 day anti racist challenge."

"Thank you for hosting such an impactful conference last weekend! I really enjoyed all of the speakers and it was inspiring to hear about everyone's experience with your amazing program."

"Thank you for organizing this event. It made me appreciate mindfulness better. Now, I am looking forward to attending more of your conferences and applying mindfulness to teaching."

"I really enjoyed the panelist presentations on how they are using the curriculum. It was incredibly helpful. Wonderful to see the Mindful Mentors."

About the Virtual Community Circles

"This time was very refreshing and it was good to share joys and struggles with everyone because we are all involved in similar work, bringing kindness, love and peace to our students and the world."

"I really look forward to this time of growth and working together. This experience is not something I would have had without the VCCs. A great experience!"

"The VCCs helped me to slow down and gain confidence, build community, and engage in challenging, nuanced conversations with other educators."

"I feel more confident and competent, and more able to meet the needs of my kids."

"After a full day of virtual school, it was hard to show up for one more zoom meeting, but it was so worth it and I felt so much better in my heart, mind and soul."

To make a donation, please visit https://TeachPeaceofMind.org/contribute/ Thank you!