ANNUAL REPORT

Peace of Mind

ONE OF THE BEST · CATALOGUE FOR PHILANTHROPY · 2022 2023

Dear Peace of Mind friends and family,

Warm holiday wishes to you all! We're pleased to share here our 2022 Annual Report. We hope you are as excited about the impact your support has made possible as we are!

But first, some big news. After 20 years of making a profound positive difference for students and her school community, Peace of Mind founder Linda Ryden will be retiring from her role as the Peace Teacher at Lafayette Elementary School in Washington D.C. in June in order to begin working full time with Peace of Mind.

Linda's increased involvement will transform our ability to support students and educators at a time when our work has never been more relevant or needed. We will be launching a new direct-to-families program this year, "Peace Class with Ms. Ryden," to bring Peace of Mind skills directly to children at home. More on that soon! We will also have greater capacity to continue to equip and empower educators to meet the social and emotional needs of their students.

This new work builds directly on the accomplishments your investment has made possible this year:

- The Peace of Mind Curriculum again reached an estimated **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.
  5th grader Lmuel shares how Peace of Mind supports kids

- Peace of Mind has supported **455 individual educators - a 76% increase over 2021 -** through our Annual Conference, Community of Practice Gatherings, and Professional Development. We were honored to work with the DC Office of the Superintendent of Education to provide free year-long coaching and training for DC educators this year.
  Teacher Ms. Benson shares how Peace of Mind impacts her students

- Thanks to generous support from the HTCC Social Justice Tithe Committee, we revised and published the **second edition of our *Peace of Mind Core Curriculum for Early Childhood*,** responding directly to the Covid-related needs of young children right now. We're excited to be able to share 25 free Early Childhood Curriculum bundles with DC area schools that serve students in under-resourced communities.
  Curriculum author Jillian introduces this new resource

- We added a **timely 7th volume to the Henry and Friends Storybook Series** with support from the Healthier, Greener, Kinder Foundation. *Quinn and the Worry Channel* helps kids learn to manage worries so they can fall asleep. Adults are finding it helpful, too!

Looking ahead

We recently welcomed three new fabulous Board members: Jackie Snowden, Dr. Laura Yee, and Charles DeSantis. At our Board retreat in November, our team united around three key goals for the next two years:

- Launching a new Direct to Families project to bring "Peace Class with Ms. Ryden" directly to kids and parents/caregivers at home;
- Developing deeper partnerships with 2-3 schools that can serve as demonstration sites, while continuing to provide outreach, coaching and training to DC area Peace of Mind schools;
- Deepening our virtual professional development resources for educators nationwide and continuing to offer relevant, engaging, virtual community building events.

This year, we have done all that we did with full time staff of 1.5, an active volunteer Board, and an engaged group of Advisors. Thanks to kind individual donors, generous foundation and corporate funders, and earned income, we have met our 2022 budget of $193,000. Over the next two years we aim to double our budget to bring staff salaries up to market rates, hire a schools program manager, and build capacity to meet development and administrative needs - all so that we can double the number of students we are reaching and deepen our support for educators, increasing our positive impact on the well-being of our kids and school communities.

Invitation to give

Please consider renewing your support for Peace of Mind's work today. Your gift will ensure students have the skills to face challenges in their own lives, and in the world, with kindness, courage and compassion. **How else will we build a more peaceful world?**

We would love to talk with you about your interests and our work. Let us know if you'd like to meet! With deep gratitude and warm wishes for the health and well-being of you and your loved ones,

Cheryl Dodwell
Executive Director
240 273 8084 * cheryl@teachpeaceofmind.org

Linda Ryden
Peace Teacher, Founder

Board of Directors

Subrat Biswal Charles DeSantis Elizabeth Hoffman Darrel Jodrey
Linda Ryden Jackie Snowden Chapin Springer Liz Whisnant Laura Yee

Board of Advisors

Jillian Diesner Gloriela Iguina-Colón Laura Gould Syreetta McArthur Jelena Popovic
Harriet Sanford Avideh Shashaani Dave Trachtenberg Rie Odsbjerg Werner

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

Thank you 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**

Thank you so much for your commitment to creating a more peaceful and just world by supporting Peace of Mind. Without you, our impact would not be as wide-ranging nor as supportive of educators, clinicians and the communities they serve. Your demonstrated belief in our work ensures that we can realize our priorities in order to effect lasting change. We are truly grateful! - **Dr. Laura Yee**

I would like to express my deep gratitude for your support of Peace of Mind. You are equipping children with tools to deal with situations through mindful approaches that will support them throughout their lives. Thank you for supporting kids becoming the best possible versions of themselves as they develop into great citizens. - **Charles DeSantis**

Thank you so much for supporting Peace of Mind, and in turn, supporting the many students and educators who are using it to become better learners and better citizens during these difficult times and beyond. Your generosity helps make it all possible. Thank you! - **Jackie Snowden**

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

As soon as I came back to work from the conference I raved about your session and plan to use what we learned for an upcoming Professional Development with the teachers here at the Circle School. I also saw on the Peace of Mind Website that the middle school curriculum is offered for free! That is so amazing! I downloaded it and I am going to integrate it in our Middle School classroom. Thank you so much for all the amazing work you do!

Melanie Martinez, Circle School, San Antonio TX

We are loving Peace of Mind here in Kindergarten. The kids have been enjoying the curriculum so much, and we love teaching with it. Last week we played the focus game, and it was the first time we had ever seen a curriculum that addresses what focusing means for kids. We appreciate you so much!

Early Childhood Team, Center City PCS, Washington D.C.

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*.**

THANK YOU, THANK YOU for the wonderful new books. WHAT A GREAT book! I cannot wait to share 'Marleigh is Mindful' with our students! Thank you so much again.

Carol Paige, Counselor, John Lewis E.S. Washington D.C.

The Peace of Mind curriculum is such a great resource! I can't thank you enough!

Gwen Giek, Middle School Teacher, San Diego CA

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.

Principal Megan Vroman, Washington D.C.

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

Peace of Mind By the Numbers in 2022

Thanks to our very generous Foundation and Corporate Funders...

The Morris and Gwendolyn Cafritz Foundation, The Bender Foundation, The DC Commission on the Arts and Humanities, The Holy Trinity Catholic Church Social Justice Tithe Committee, The SuPau Fund, The Healthier, Greener, Kinder Foundation, 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, and Johnson & Johnson.

‘

An estimated 14,000 students receive the *Peace of Mind Curriculum* nationwide at public, public charter and independent schools.

944 students are taught every week by Peace of Mind Founder Linda Ryden and Early Childhood Curriculum author Jillian Diesner at Washington DC's largest elementary school.

455 educators took part in our Annual Conference, Community of Practice Gatherings, Coaching and Training sessions and online courses.

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

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

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.

7 Curriculum Guides and 7 Storybooks! The revised second edition of *Peace of Mind Core Curriculum for Early Childhood* came out in Fall 2022. Our newest storybook, *Quinn and the Worry Channel* and the new second edition of *Rosie's Brain* debuted this fall.