



Peace Work: Lessons of Mindfulness to Improve Self-Regulation and Self-Awareness in a Child's Early Years

Midge Kinder, Wynne Kinder

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Peace Work: A Mindful Awareness Program For the Early Years is the six lesson curriculum from *Wellness Works in School*, an extremely innovative school-based program that teaches mindfulness skills to students to help them handle challenges healthfully across school, home, work, and community. The first book from *Wellness Works*, *Peace Work: A Mindful Awareness Program for the Early Years* is designed to help children from pre-school through first grade learn mindful awareness skills to increase self-awareness, self-regulation, and self-care through a personal and community sense of PEACE. These objectives are achieved through presentation of active-learning sessions where children experience group discussion and group reflection while developing relaxation and mindful awareness skills, healthy breathing, and mindful movements.

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