

Lesson Name:

I Am Peace

Student Objectives:

- Students understand mindfulness.
- Students practice mindfulness and meditation.
- Students practice positive self-talk.

Educator Preparation:

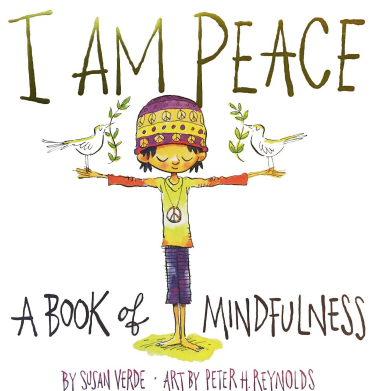
- The book *I Am Peace, A Book of Mindfulness* by Susan Verde, Art by Peter Reynolds.

Introduction:

Introduce the title of this lesson: [Mindfulness Series, Video #2](#)

Instruction:

Read the book *I Am Peace, A Book of Mindfulness* by Susan Verde.



Interaction:

Students participate in a guided meditation session, this session can be found in the back of the read aloud book, *I Am Peace*.

Closure:

Students practice positive self talk or affirmations:

- You are wonderful
- You are special
- You are peace

Activity:

Students practice positive self talk or affirmations.