



Peace in Schools: Liberating Mind and Heart through Transformative Mindfulness Education in High Schools

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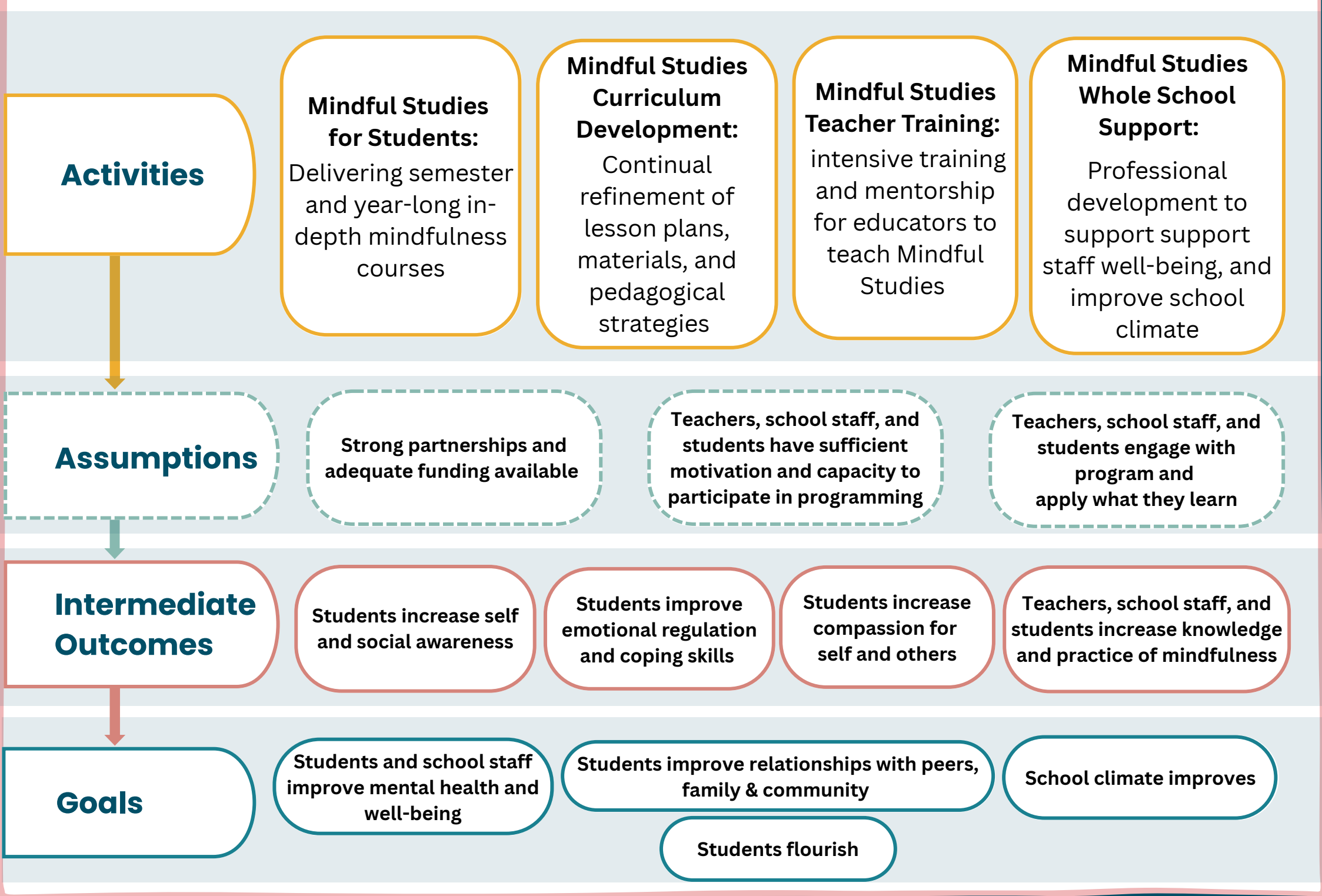
Program Overview

Developed in Portland, Oregon in 2014, Peace in Schools (PINS) delivers transformative mindfulness education through its for-credit Mindful Studies high school course. Providing 72+ hours of social emotional learning, PINS' strength lies in its relational, trauma-informed, equity-centered instruction delivered over a long period of time by deeply trained facilitators who embody the mindfulness they teach. Mindful Studies is currently offered through two models: direct instruction by PINS teachers and the Mindful Studies Partnership Program, which certifies high school educators to teach the curriculum.

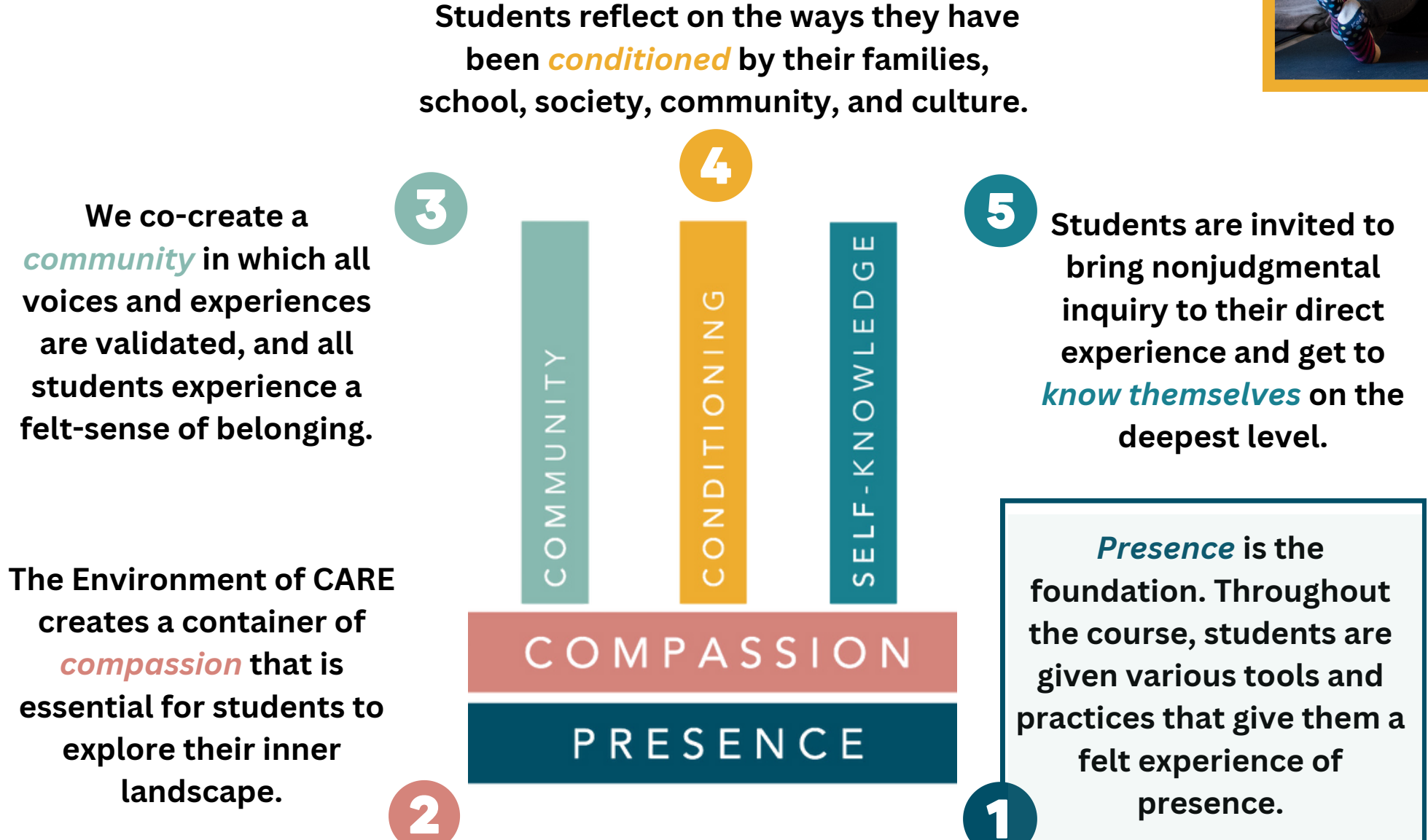
Mindful Studies For-Credit Elective

- Designed for 10th-12th graders (~15-18 year olds)
- Semester, Year-long, and Trimester options
- 45 Core Lessons; 30 Supplemental Lessons
- 45 - 90 minute class periods
- Class size typically 25 - 30
- Tier 1 (universal) and Tier 2 (targeted) mental health intervention

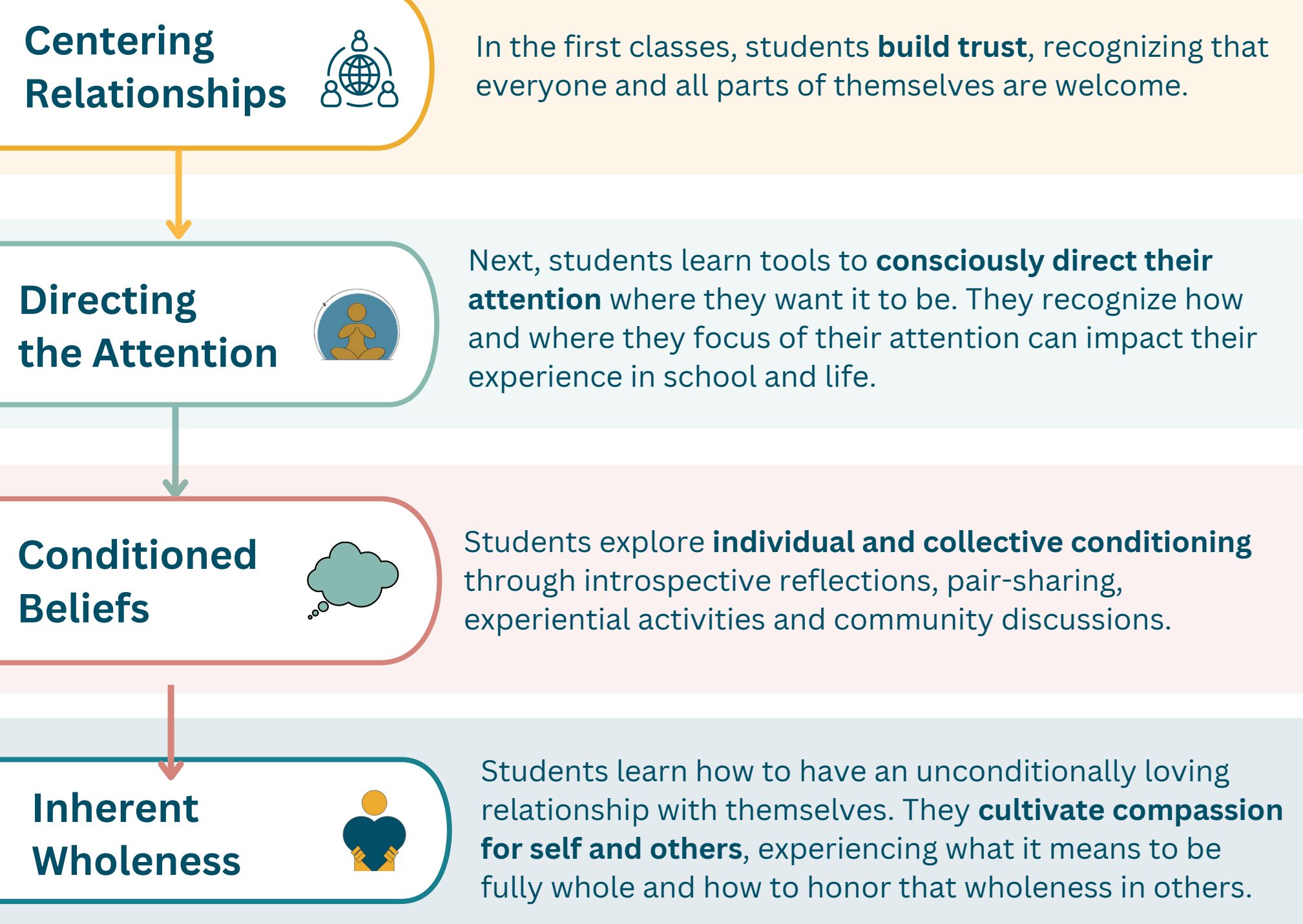
PINS Mindful Studies™ Theory of Change



PINS Pedagogical Approach

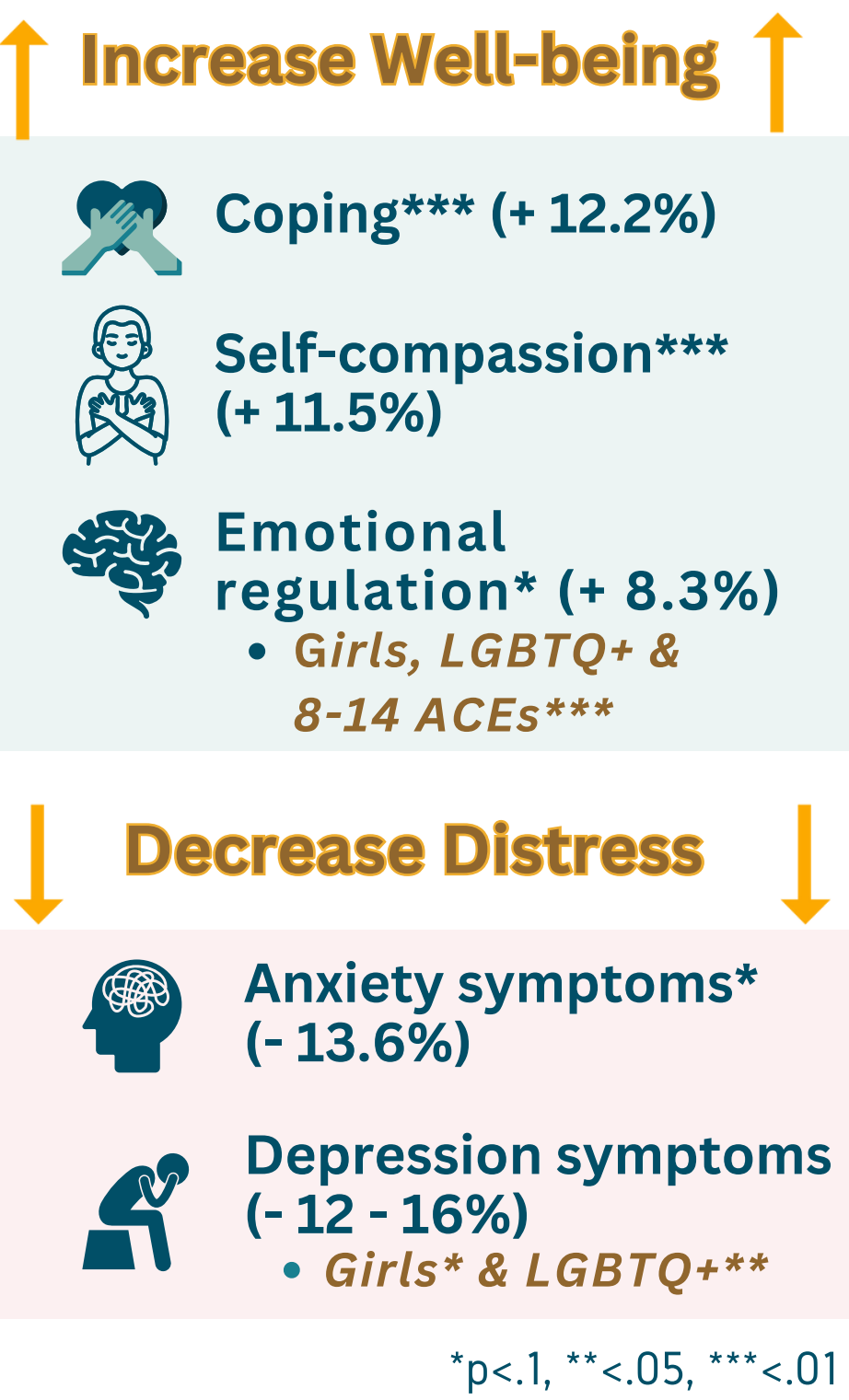


Mindful Studies Skills & Concepts



Research

The ACEs, Mindfulness, & Adolescent Wellbeing study¹ finds significant social-emotional impacts from participation in Mindful Studies. Positive impacts are magnified for teens who are girls, LGBTQ+, and have more adverse childhood experiences (ACEs).



Student Voice

I have learned to love myself even when it is hard.

