


Dear Parents and Caregivers,

This year, we will be using the Peaceful People curriculum from Peaceful Schools in your student's classroom to help support our caring community and promote positive behavior.

Peaceful People is a classroom-based social emotional education program that seeks to promote healthy social development, prevent youth violence and foster positive community relationships. Students are actively engaged in skill-building activities and lessons supporting five core social skills: Cooperation, Assertion, Responsibility, Empathy and Self-Control (C.A.R.E.S.).








In Peaceful People, components of the C.A.R.E.S. skills are defined and taught through the introduction of specific skill strategies and examples. Students engage in experiential learning and behavioral rehearsal of social skills through music, movement, visual cues, hands-on activities, children's literature and self-reflection. Targeted skills are then practiced by role-playing realistic situations that students may encounter at home, in their community and at school.

### **Topics presented in the Peaceful People curriculum may include:**

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|---|---|
|  What is Peace?        |  Community           |
|  S.T.A.R. Power        |  Communication       |
|  Self-Control          |  Conflict Resolution |
|  Celebrating Diversity |  Choices             |
|  Listening             |  Self-Worth          |
|  Upstander Behavior    |  ...and many more!   |

### **Supporting Peaceful People at Home:**

Continue the conversation at home to help your child rehearse and refine these skills. You can ask your child about...

-  What he or she learned in Peaceful People lessons.
-  What her or his favorite book, song or activity was during Peaceful People.
-  How s/he used his or her S.T.A.R. Power to Stop, Think, and Act with Respect at school.
-  What S.T.A.R. Power behaviors s/he noticed from others at school.
-  What s/he would do if s/he noticed others acting not-so-peacefully.
-  How s/he could use S.T.A.R. Power if s/he was feeling not-so-peaceful.
-  How s/he plans to use S.T.A.R. Power at home.

We are committed to helping all students be Peaceful People. You can learn more about Peaceful Schools and how you can support your own Peaceful People at home by visiting [www.peacefulschools.com](http://www.peacefulschools.com). Thank you!!