

**COURSE TITLE:** PEACE INSIDE & OUT  
**NO. OF CREDITS:** 6 QUARTER CREDITS  
[semester equivalent = 4.00 credits]

**WA CLOCK HRS:** 60  
**OREGON PDUs:** 60  
**PENNSYLVANIA ACT 48:** 60

**INSTRUCTOR:** Suzanne Warner  
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**COURSE DESCRIPTION:**

The path to peace in the world starts with peace of mind. Participants in this course will learn educational strategies to help students calm themselves, alter their state of mind, and learn how to manage their behaviors. The result is more happiness, less conflict, and higher rates of authentic learning. Strategies will include techniques of self-observation and following the breath. Participants will explore literature and social studies that address the issues of peace.

This course is appropriate for elementary and middle school students, with adaptable options for different grade levels. The strategies adopted will fit in with your existing curriculum.

**LEARNING OUTCOMES:** Upon completion of this course, participants will have:

1. Learned strategies for finding their inner peace.
2. Learned breathing techniques for themselves and students.
3. Learned how to incorporate student-centered calming techniques into the classroom.
4. Created presentations that can be used to educate students about inner peace.
5. Provided students with the tools to find inner peace independently.

**COURSE REQUIREMENTS:**

Completion of all specified assignments is required for issuance of hours or credit. The Heritage Institute does not award partial credit.

**HOURS EARNED:**

Completing the basic assignments (Section A. Information Acquisition) for this course automatically earns participants their choice of CEUs (Continuing Education Units), Washington State Clock Hours, Oregon PDUs, or Pennsylvania ACT 48 Hours. The Heritage Institute offers CEUs and is an approved provider of Washington State Clock Hours, Oregon PDUs, and Pennsylvania ACT 48 Hours.

**UNIVERSITY QUARTER CREDIT INFORMATION**

**REQUIREMENTS FOR UNIVERSITY QUARTER CREDIT**

Continuing Education Quarter credits are awarded by Antioch University Seattle (AUS). AUS requires 75% or better for credit at the 400 level and 85% or better to issue credit at the 500 level. These criteria refer both to the amount and quality of work submitted.

1. Completion of Information Acquisition assignments 30%
2. Completion of Learning Application assignments 40%
3. Completion of Integration Paper assignment 30%

**CREDIT/NO CREDIT (No Letter Grades or Numeric Equivalent on Transcripts)**

Antioch University Seattle (AUS) Continuing Education Quarter credit is offered on a Credit/No Credit basis; neither letter grades nor numeric equivalents are on a transcript. 400 level credit is equal to a "C" or better, 500 level credit is equal to a "B" or better. This information is on the back of the transcript.

AUS Continuing Education quarter credits may or may not be accepted into degree programs. Prior to registering, determine with your district personnel, department head, or state education office the acceptability of these credits for your purpose.

## ADDITIONAL COURSE INFORMATION

### REQUIRED TEXT

**Assignment #7** requires that you read at least one book on the subject of peace that is applicable to your grade level.

#### Books About Peace for the Elementary Grades:

<https://www.whatdowedoallday.com/books-about-peace/>

<https://www.pbs.org/parents/thrive/childrens-books-about-peace>

<https://www.barnesandnoble.com/blog/kids/8-lovely-childrens-books-about-peace/>

<http://ncpeacebooth.org/content/materials/peace-and-justice-reading-list/>

#### Books About Peace for the Middle School Grades:

<https://fromthemixedupfiles.com/middle-grade-books-promote-peace/>

<http://ncpeacebooth.org/content/materials/peace-and-justice-reading-list/>

#### Books About Peace for Adults

<http://ncpeacebooth.org/content/materials/peace-and-justice-reading-list/>

None. All reading is online.

### MATERIALS FEE

None.

## ASSIGNMENTS REQUIRED FOR HOURS OR UNIVERSITY QUARTER CREDIT

### A. INFORMATION ACQUISITION

Assignments done in a course forum will show responses from all educators who have or are taking the course independently. Feel free to read and respond to others' comments.

Group participants can only view and respond to their group members in the Forum.

#### Assignment #1: Introduce Yourself

Introduce yourself – share a bit about yourself professionally, what interests you about this class, what concerns you about your students in terms of their inner peace, and what you hope to gain from this class. You may either submit a 100-200 word written response or create a 2 -3 minute [video](#).

(Click on this [link](#) to learn how to create a video in PowerPoint)

#### Assignment #2: Finding Our Own Inner Peace

Before we can help others, we must help ourselves. This applies to finding our own inner peace - or at least starting on the path towards inner peace. Read the following articles about finding our own inner peace:

- Kentucky Counseling Center: <https://kentuckycounselingcenter.com/how-to-find-inner-peace/>
- Declutter the Mind: <https://declutterthemind.com/blog/inner-peace/>
- The Positivity Blog: <https://www.positivityblog.com/inner-peace/>

Feel free to do some of your own research on finding inner peace as well.

What 3-5 strategies, either from the reading or from your own research, speak to you? Explore/explain how you can incorporate these into your daily life, what you hope to achieve from integrating these strategies, and your plans to work towards finding inner peace. You may either submit a 200-300 word written response or a word-equivalent PowerPoint Presentation or Google Slide Show.

**Note:** All group participants must read the above articles and collaborate on the shared understandings and gains.

#### Assignment #3: Teaching Students About Finding Inner Peace

Create a PowerPoint Presentation, Google Slide Show, or [video](#) (5-10 minutes) that you could share with your students as a lesson to

teach them about strategies to find inner peace. Be sure to explain various techniques, give examples, and offer avenues students could incorporate the techniques.

#### **Assignment #4: Breathing Techniques**

1. Read the following article by Harvard Health Publishing:

<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

2. Watch the following YouTube videos that demonstrate breathing techniques:

- Box Breathing: <https://www.youtube.com/watch?v=tEmt1Znux58>  
<https://www.youtube.com/embed/tEmt1Znux58>
- Four Calming Breath Exercises: <https://www.youtube.com/watch?v=IPJAtHWq08k>  
<https://www.youtube.com/embed/IPJAtHWq08k>
- 4-7-8 Calm Breathing Exercise: <https://www.youtube.com/watch?v=1Dv-ldGLnIY>  
<https://www.youtube.com/embed/1Dv-ldGLnIY>

Feel free to research other breathing techniques as well.

3. Select one or more of the breathing techniques and try it a few times during the next couple of days.

4. Create a visual slideshow using a minimum of 5-6 slides (Google Slides, Prezi, PowerPoint, etc.) or create a 2-3 minute [video](#) that briefly describes all of the breathing techniques you learned about, your experience incorporating the breathing technique(s) that you selected, and thoughts of how you might incorporate breathing techniques in your classroom.

**Note:** All group participants must read the above article, watch the videos, and collaborate on the shared understandings and gains.

#### **Assignment #5: Incorporating Calming Techniques into the Classroom**

The goal of learning breathing techniques and tools for inner peace is to create a classroom of calmness and teach students how to calm themselves, thus giving us more time to teach our curriculum.

Read the following articles about incorporating calming techniques into the classroom:

- Calming Strategies for the Classroom:  
<https://www.miracle-recreation.com/blog/calming-strategies-for-the-classroom/>
- Calming Tools for the Classroom:  
<https://www.socialemotionalworkshop.com/classroom-calming-tools/>
- How to Bring Deep Breathing and Meditation to the Classroom:  
<https://www.classcraft.com/blog/bring-meditation-classroom/>

As always, feel free to do your own research on this topic.

Submit a 200-300 word written response briefly summarizing techniques that could work for your students, with the bulk of your response focused on planning when and how you could incorporate these strategies.

**Note:** All group participants must read the above articles and collaborate on the shared understandings and gains.

#### **Assignment #6: Teaching Students Calming & Breathing Techniques**

Create a PowerPoint Presentation, Google Slide Show, or [video](#) (5-10 minutes) that you could share with your students as a lesson to teach them about calming and breathing strategies. Be sure to explain various techniques, give examples, and offer avenues students could incorporate the techniques.

#### **Assignment #7: Peace in Literature and Social Studies**

There are multiple books for all ages in which the core topic is peace. Explore any/all topics below that interest you and are applicable to your grade level. As always, feel free to do your own research as well if you know of a book that involves finding peace.

#### **Books About Peace for the Elementary Grades:**

- <https://www.whatdowedoallday.com/books-about-peace/>
- <https://www.pbs.org/parents/thrive/childrens-books-about-peace>
- <https://www.barnesandnoble.com/blog/kids/8-lovely-childrens-books-about-peace/>
- <http://ncpeacebooth.org/content/materials/peace-and-justice-reading-list/>

### **Books About Peace for the Middle School Grades:**

- <https://fromthemixedupfiles.com/middle-grade-books-promote-peace/>
- <http://ncpeacebooth.org/content/materials/peace-and-justice-reading-list/>

### **Books About Peace for Adults**

- <http://ncpeacebooth.org/content/materials/peace-and-justice-reading-list/>

1. Select and read a book(s) that interest you at a professional level – either a topic related to inner peace that you want to explore or a book(s) that you can use with students.
2. Write a 2-page paper briefly (no more than a paragraph or two) summarizing the book(s). The remainder of your essay should focus on 4-5 key points that apply to your current teaching/counseling/administrative situation and how you might implement it in your classroom/program/school.

### **Assignment #8: El Puente Academy for Peace & Justice**

Take a look at the EL Puente Academy for Peace & Justice’s website (<https://elpuente.us/el-puente-academy-for-peace-justice>), specifically the information about the History and the Twelve Fundamental Principles.

Also, look at the New York City Schools information page about El Puente (<https://www.myschools.nyc/en/schools/high-school/33682/>) as a resource about the type of students enrolled in the school.

Thinking about all that you have read and learned so far in this class, as well as your goals for taking this course, develop a brochure, flyer, poster, infographic, or something along these lines that would be the Twelve Fundamental Principles you would like to establish for your classroom. Similar to the presentation of El Puente’s, each month should have a topic and brief (one sentence) description. (Even though your school may not be open in the summer months, there should be twelve principles.)

### **Assignment #9: Culminating Assignment**

This final assignment for Section A is one where you will summarize how you might implement peace in your classroom.

Consider the following:

- Describe your thoughts about finding your own inner peace and strategies to help you do so.
- How do you see inner peace implemented in your classroom?
- What will you need to do in order to create a classroom where finding inner peace, breathing techniques, and calming techniques are a focus?
- What are some potential challenges you may face?
- What are some ways you can overcome and/or work around these potential challenges?
- What is the vision you have for your classroom?
- How will you determine “success?”
- What are your final thoughts about what you have learned in this course and how it may affect your classroom and teaching?

Choose **ONE** of the following to present your answers:

A. Write either a 500+ word paper

**OR**

B. Create a PowerPoint or Google Slide Presentation (500-word-equivalent; about 10-15 slides)

**OR**

C. Create a video (500-word-equivalent)

**Clock Hours, PDUs, CEUs, and Act 48 participants must complete Section C - The Integration Paper to be awarded hours for this course.**

## ADDITIONAL ASSIGNMENTS REQUIRED FOR UNIVERSITY QUARTER CREDIT

### B. LEARNING APPLICATION

In this section, you will apply your learning to your professional situation. This course assumes that most participants are classroom teachers who have access to students. If you do not have a classroom available to you, please contact the instructor for course modifications. Assignments done in a course forum will show responses from all educators who have or are taking the course independently. Feel free to read and respond to others' comments. Group participants can only view and respond to their group members in the Forum.

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#### Assignment #10: Journaling

Take into consideration your new knowledge from your work in Section A, Learning Acquisition.

Over a 2 – 3 week period, take time to find your own inner peace - whether that means that you integrate some of the strategies from Assignment #2, incorporate some breathing techniques, or incorporate some other calming technique that works for you. Keep a journal of what you chose to do and how you felt during and after, whether you found more inner peace, and your overall feelings. (Keep in mind that you may try a technique and find it not helpful, so feel free to switch it up and try a variety of techniques – this is your time to explore.) Some questions to consider: Did you notice that even when not practicing your technique – did you feel more “at peace” or not? Did interactions with others change – or not? Did you perceive others interacting with you differently – or not?

The journal can be in whatever form you'd like – paragraph form, bullet points, video – it's your journal, so you choose the format. It's OK to have a digital journal, on google docs, for instance, and post your response.

#### Assignment #11: Lesson Plan for Classroom Peace

Create a lesson plan for students or parents (or, if not applicable, for children/teens/adults – your choice – in your life) on any topic(s) related to finding inner peace that will best meet your needs. You may use the [Heritage Institute Lesson Template](#) or any template of your choosing.

1. Implement your lesson with students/parents/adults.
2. Submit the lesson plan.
3. Write a 450-500 word commentary/reflection, including (where applicable):
  - What worked well?
  - What could have been improved?
  - What, if any, additional topics and issues were raised?

If it is not possible to teach your lesson, then in place of the above, complete both of the following:

#### Option A:

Plan and facilitate a workshop or seminar for a colleague(s) on integrating inner peace in the classroom. This could be written as a presentation, informational written material, graphic - it is your choice of how you share the information.

**AND**

#### Option B:

Mentor a colleague(s) to help her/him/them devise a lesson about inner peace for their classroom. In a 500+ word paper, include a summary of your meetings/conversations, what was discussed, concerns shared, issues, etc.

#### Assignment #12: Online Blog/Website/PowerPoint

Create either an online blog, website (free websites can be easily created on Google), video, or presentation sharing the information you learned in this course. The information should be geared parent and families with the goal of educating them on finding inner peace and how to incorporate the strategies at home for themselves and their families.

Submit the URL if blog or website; attached if PowerPoint.

#### Assignment #13: (500 Level ONLY) 500-level assignment

In addition to the 400 level assignment, complete **three**

(3) of the following:

**A.** Conduct additional research via periodicals, online articles, or videos about social media and our students, and document the key points you learned in either a 3-4 page paper or a mind map with equivalent scale of content. Include an analysis of how this research supports or contrasts with the course text and assignments. Include a bibliography of your sources.

**AND/OR**

**B.** Create an annotated bibliography focused on the topics learned in this class. Include 6 - 8 resources.

**AND/OR**

**C.** Read one of the books listed in the bibliography of this syllabus or the textbook. Write a 2-3 page reflection comparing the premise of your chosen book to that of the information you learned in this course.

**AND/OR**

**D.** Another assignment of your own design with the instructor's prior approval.

### **C. INTEGRATION PAPER**

Assignment #14: (Required for 400 and 500 Level)

#### **SELF REFLECTION & INTEGRATION PAPER**

**(Please do not write this paper until you've completed all of your other assignments)**

Write a 400-500 word Integration Paper answering these 5 questions:

1. What did you learn vs. what you expected to learn from this course?
  2. What aspects of the course were most helpful and why?
  3. What further knowledge and skills in this general area do you feel you need?
  4. How, when and where will you use what you have learned?
  5. How and with what other school or community members might you share what you learned?
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#### **INSTRUCTOR COMMENTS ON YOUR WORK:**

Instructors will comment on each assignment. If you do not hear from the instructor within a few days of posting your assignment, please get in touch with them immediately.

#### **QUALIFICATIONS FOR TEACHING THIS COURSE:**

**Suzanne Warner, M.S.**, received her Masters Degree in Education from the University of Rochester, New York. She has taught mathematics in the middle school, high school, and college settings, most recently in Oregon. Suzanne has been lauded by administrators, colleagues, students and parents regarding her teaching and classroom management skills. Her students enjoy learning in a respectful, productive environment, where each student is in control of her/his own learning and behaviors. She strongly believes that all students want to do well, and creates a teaching environment for them to succeed.

When not in the classroom, Suzanne enjoys spending time with her family reading, hiking, backpacking and traveling.

#### **BIBLIOGRAPHY**

##### **PEACE INSIDE & OUT**

**Finch, Samuel**, *Breathing Techniques: a Door to Mindfulness: The Complete Guide to Improve Self Healing, Self Control, Concentration, Happiness and to Reduce Anxiety*, Independently published, paperback, 2020, ? 107 pages ISBN: 979-8634481708.

The way we breathe affects everything from our stress levels to how much sleep we get at night - two of the things that can negatively impact our bodies the most. But, by learning how to breathe properly, you'll be able to guarantee that you're less stressed out daily. And more importantly, you'll be able to make sure that you are getting the right amount of sleep every night. This book will show you everything from how to breathe correctly to how to use controlled breathing techniques to manage your blood pressure. You'll learn step by step, how to make sure that your breathing never negatively impacts your health again.

**Sanders, Bohdi**, *The Art of Inner Peace: The Law of Attraction for Inner Peace*, Kaizen Quest, paperback. 2021, 272 pages, ISBN: 978-1937884277

The Art of Inner Peace: The Law of Attraction for Inner Peace is your step-by-step guide to developing and maintaining inner peace, tranquility, and a calm spirit. This insightful and enlightening book can totally change your life! If you have struggled with anger, worry, fear, depression, or other challenging personal issues, The Art of Inner Peace will guide you in removing those low-energy thoughts, emotions, and limiting beliefs, and show you how to replace them and foster inner peace in your life.

**Shardlow, Giselle**, *Breathing Exercises for Kids: Thirty Breathing Exercises to Help Children to Calm and Focus*, Kids Yoga Stories, paperback, 2019, 76 pages, ISBN: 978-1943648337

Help children to calm down and focus! Practice any one of these thirty breathing techniques to release stress and tension. Help your children feel calm and focused with breathing exercises like Balloon Breath, Bee Breath, and Bunny Breath. This book is for primary school teachers, kids yoga teachers, parents, caregivers, health practitioners, and recreation staff looking for simple, convenient ways to add breathing exercises into their curriculum, classes, or home life. Get children using their breath to help them to calm and focus with these quick and easy breathing techniques!

**Socketov, Matthew**, *Practicing Mindfulness: 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday*, Althea Press, paperback, 2018, 210 pages, ISBN: 978-1641521710

Mindfulness is an evidence-based method for reducing stress and anxiety, enhancing resilience, and maintaining mental well-being. Even short meditations can turn a bad day around, ground us in the present moment, and help us approach life with gratitude and kindness. *Practicing Mindfulness* was created by the founder of One Mind Dharma. He developed these 75 essential exercises to offer practical guidance for anyone who wants to realize the benefits of mindful meditation.