

School-Based Programs 2025-2026

Team Peace's school-based resilience-building program for students was created by Kara Schmidt in 2019. Team Peace is a 501c3 nonprofit organization that was born out of the efforts of Thrive Orange County to help kids in our community thrive by teaching them tools that can help them deal with big emotions & stress. Our purpose at Team Peace is to acknowledge, address, and educate the whole person – child or adult – by recognizing the role that social, emotional, physical, & mental health plays in a person's ability to thrive in school & society.



TEAM PEACE

PROGRAM REACH 2025-2026

Paoli Community Schools

- Grades K-5, approximately 450 students. Weekly classes.
- Jr & Sr High School - 40 students. Biweekly Self-Care Club Class

Orleans Community Schools

- Grades K-8, approximately 575 students. Weekly classes.
- Jr & Sr High School - 20 students. Weekly "Address Your Stress" Class

Springs Valley Elementary School

- Approximately 350 students. Grades K-2, biweekly. Grades 3-5, monthly.

East Crawford Elementary School

- Grades K-5, approximately 250 students. Weekly classes.
- Monthly Teacher PD

South Crawford Elementary School

- Grades K-5, approximately 175 students. Weekly classes.
- Monthly Teacher PD

West Crawford Elementary School

- Grades K-5, approximately 175 students. Weekly classes.
- Monthly Teacher PD

Hatfield Elementary, Mitchell

- Grade 2 - Pilot Program

CONTACT INFO

Kara Schmidt, Executive Director

 574-536-4407

 www.beteampeace.org

 @beteampeace

 @Team Peace

 @Team Peace Indiana

 beteampeace@gmail.com



CURRICULUM COMPONENTS

Component 1: Building Resilience through Community & Connection

Research shows that one of the best ways to support kids nervous systems, in a way that will help them learn, is to give them plenty of opportunities to feel safe, loved and connected in the school setting. We build our program from creating "Community Circles" in the classroom, giving every student a chance to be seen, heard and appreciated in our lessons & discussions.

Component 2: Brain Science

Another key part of our program is teaching kids and teachers very basic brain science in a fun and age-appropriate way. This helps them understand how their brain and body works when they are feeling stress and big emotions, demystifying "scary" emotions, and letting them know emotions are normal.

Component 3: Focused Attention & Self-Regulation Practices

In every lesson, we practice both active and quiet self-regulation techniques. These practices give students very tangible ways to calm themselves & regulate their nervous systems.

Component 4: Cooperation & Conflict Resolution

We give the students a chance to apply everything they have learned to help them solve conflicts & work together to build stronger relationships. When conflicts are addressed, learning can happen!

