

# Peacefulness

## Peacefulness from Nature

Lie down together outside. Be quiet and still, and whisper to each other when you hear a new sound such as birds or wind. Peacefulness is being quiet so you can notice what is around you, including how things affect your five senses (smell, touch, taste, sight, and hearing).

## Peaceful Rooms

Reducing clutter and having a clean space to live or work in contributes to a sense of peacefulness. We can meditate, work, and play more easily in a place that feels beautiful and tidy. Choose a room to clean with the children.

## Deep Breathing Practices

Taking deep breaths is a useful practice to help slow down, calm down, and/or concentrate. Show the children how to breathe deeply, then take turns taking deep breaths. Talk about times you can use deep breathing to stay peaceful.

## Practicing Peaceful Play

Playing peacefully means we do not hurt our things or each other. We handle things carefully and touch each other gently. Practice peaceful play while caring for dolls, working together to build a tower, or making a safe road for cars.

## Observing Peacefulness and Beauty

When we are peaceful, we take time to notice lovely things around us. Sit quietly in a room in your house/classroom, or visit some place new such as a park or museum, and find three things that are beautiful. Being aware of beauty can help us maintain a sense of peace.

## Peaceful Negotiations

Did you know that when governments work out problems these are called "negotiations"? Find a problem such as a broken toy and peacefully negotiate how to get it fixed.

# Peacefulness

## Poster of Peaceful Phrases

Sometimes when we are upset, it is easy to forget peacefulness. Write down three or four phrases you can use in your family or classroom, such as "I need help with this please," "I feel frustrated/sad now and would like a hug," or "I would like you to speak softly please." Discuss the phrases so everyone can use them in order to practice peaceful language in your home.

## Pictures of Peacefulness

Talk to the children about what a peaceful place looks like to them, such as being in a garden or at the beach. Use paints or crayons to draw a place they can imagine whenever they want to be peaceful and help them practice going there in their imagination. This is a "peaceful place" they can visit any time.

## Our Peaceful Communities

There are many different types of people in the world and when we are peaceful, we care for everyone. Draw a picture of people from many backgrounds and talk about how we need to care for everyone regardless of what they look like, what color their skin is, or what language they speak.

## Where Is the Clock?

The parent or teacher hides a small clock under or behind an object in the room. The clock needs to have an audible ticking sound. The children are then invited to be peaceful so they can listen for the ticking sound and find the clock. The game is repeated several times to give the children more opportunities to be peaceful and for more children to have a chance to find the clock.