

# Peacefulness

## Silence Game

**Objective:** To help children practice and appreciate peacefulness.

Children sit in a circle and are asked to find silence deep within themselves. Let the children come to quietness naturally.

After some silence, the teacher softly whispers a child's name. The child will get up peacefully and will wait in another area designated by the teacher.

One by one the teacher calls all the children. When everyone is in the designated area, you may sing a song about peacefulness together.

Acknowledge the class for showing peacefulness

## Meditation 1

### Let's Learn To Be Peaceful

**Objective:** To help children practice being peaceful and have a peaceful experience.

Speak softly to the children... "Let's learn to be peaceful..." "It helps if we are quiet..." To be peaceful means we must feel peace in our hearts. Something that can help us to be calm and peaceful is to have special peaceful time every day. One way of feeling peaceful is meditation. Meditation is when we quietly talk with ourselves, with our soul. To meditate we can close our eyes so we don't get distracted by what is around us. When we meditate we find out about new things and we get stronger. When we meditate we feel closer to the universe.

Put soft / classical music on. Light a candle. Model reverence.

Ask the children to close their eyes if they wish to, and invite them to meditate. You can invite them to think of a beautiful and peaceful place like a garden or a quiet beach. It doesn't matter if they do not know the meaning of the word meditation. They will gradually learn by watching you model it.

Hold hands around the circle. Take a few deep breaths with your eyes closed. They can copy you in quiet if they wish, but no words must be exchanged for about one minute. Slowly turn the music off.

At the end of this exercise thank them for their reverence and praise them for experiencing a peaceful time. Blow out the candle and put it away.

Invite the children to express how it felt to be peaceful.



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## Meditation 2 Sending Love Around

**Objective:** To help children practice being peaceful and feel peacefulness in their hearts.

Our hearts feel peaceful when they are full of love: Loving our mom, our dad, our brother and sister, our grandma and grandpa, our friends, our neighbors, loving the whole world. That's how big our hearts are.

Say:

"Let's close our eyes and send out love to all the people in the world! We will need to all be silent to do this well. Please do not speak for half a minute. You can open your eyes when you hear my voice. Now close your eyes and send your love."

(Close your eyes and have 30 seconds of reverence—all in quiet)

## Silent Object Game

**Objective:** To practice moving peacefully.

Children are given an object from the environment. Then they are asked to one by one put their object back in the right place as gently and peacefully as possible.

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## Is It Peaceful?

**Objective:** To help children recognize peaceful behaviors.

The teacher will read the following scenarios. The children have to choose which are peaceful behaviors.

To identify whether you are showing peacefulness, use a sad or happy face to confirm correct responses.

- A. I want to play with my friend's toy, so I grab it while she is still playing with it.
- B. I see my friend is hungry and I have 2 crackers. I eat one and give one to my friend.
- C. I feel tired of playing outside. I tell my friend, "I don't like playing with you any more."
- D. Mary and John are playing ball. Suzie is standing in a corner waiting for her turn to play with the ball. John says, "Susie, would you like to play with Mary and me?"

Now we know how we can bring peace by our actions and our words.