5 SENSES PEACE BOOK

Repeat this to yourself when you need a moment of peace.

I AM PEACE
PEACEFUL BREATHING

Before you complete your Peace Book, scan the code to practice peaceful breathing!
PEACE with the SENSES

What does peace...

**LOOK LIKE**

**SMELL LIKE**

**SOUND LIKE**

**TASTE LIKE**

**FEEL LIKE**
I FEEL PEACE WHEN...

Write and draw!

1
2
3
COLORING FOR PEACE

Did you know that coloring can help your body and mind feel more calm and peaceful?!
WISHES of PEACE

Write or draw wishes of peace & who they are for!
SONGS of PEACE
Create your own song of peace!

1. Choose a topic to write a song about!
   - Peace
   - Love
   - Joy
   - Your own topic!

2. Fill out this mind-map to help get ideas!!

What does my topic feel like?
What does my topic sound like?
What does my topic look like?
What does my topic taste like?
SONGS of PEACE
Create your own song of peace!

3. Use your mind-map to write a story about a time you felt your topic!
SONGS of PEACE
Create your own song of peace!

4. Choose one of these melodies:
   - Row Row Row Your Boat
   - If You’re Happy and You Know It
   - Jingle Bells
   - Your Favorite Song

5. Arrange your story to fit the melody of the song you choose!

6. SHARE YOUR SONG!
   Scan this code with a phone or iPad camera to send us your song of peace!

*All submissions receive a gift from Mindful Littles!
“Nobody can bring you peace but yourself.”
—Ralph Waldo Emerson