



5 SENSES PEACE BOOK

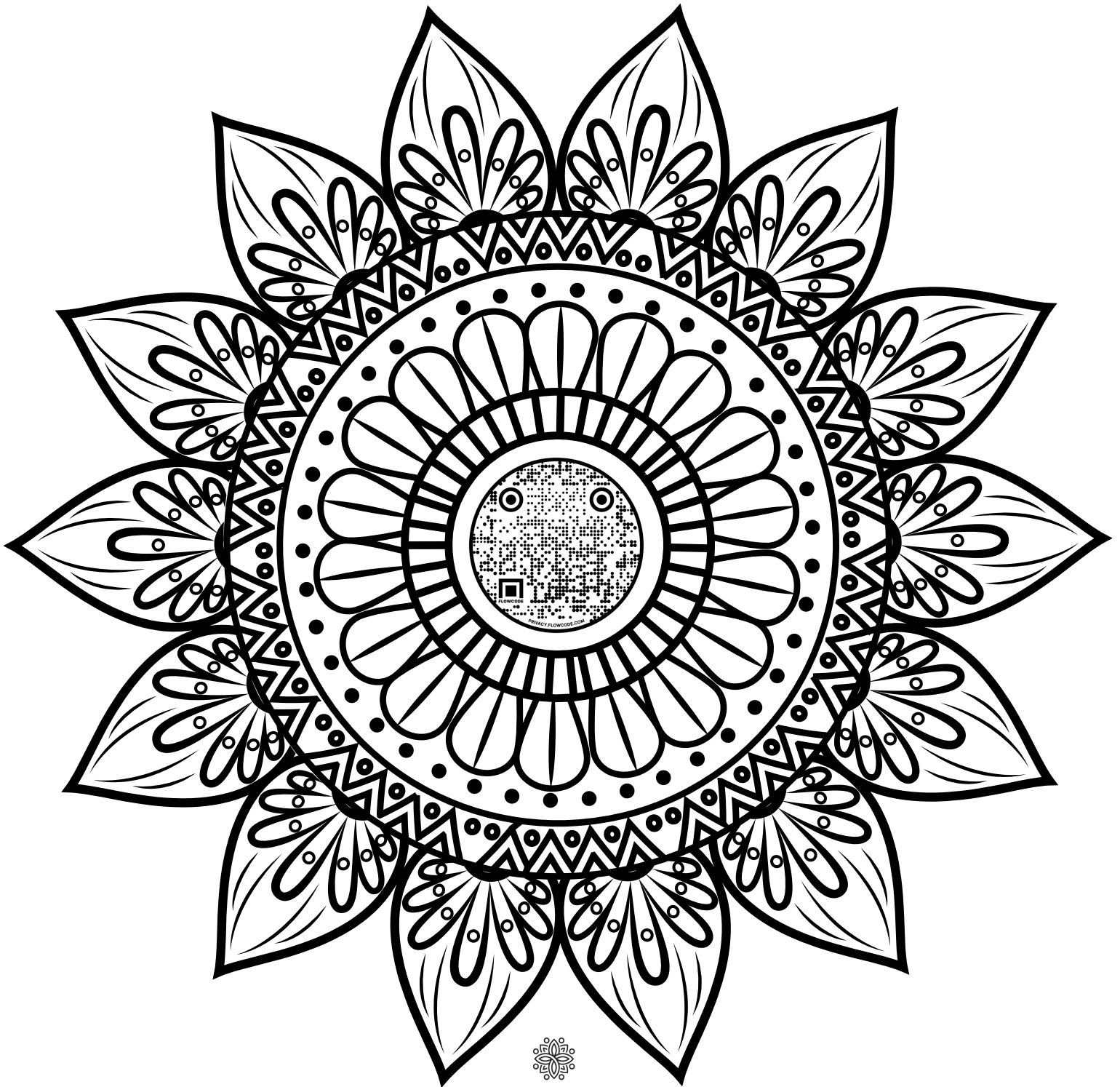
Repeat this to yourself when you need a moment of peace!

I AM
PEACE



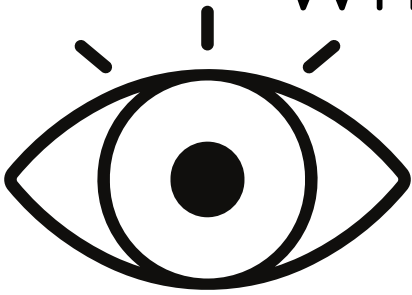
PEACEFUL BREATHING

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

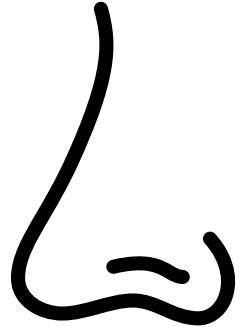


PEACE with the SENSES

What does peace...



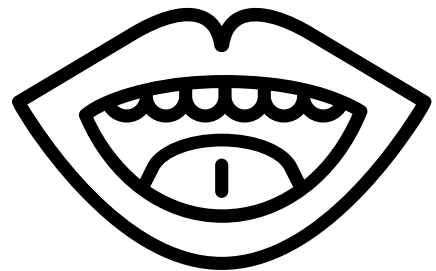
LOOK LIKE



SMELL LIKE



SOUND LIKE



TASTE LIKE



FEEL LIKE





I FEEL PEACE WHEN...

Write and draw!

1

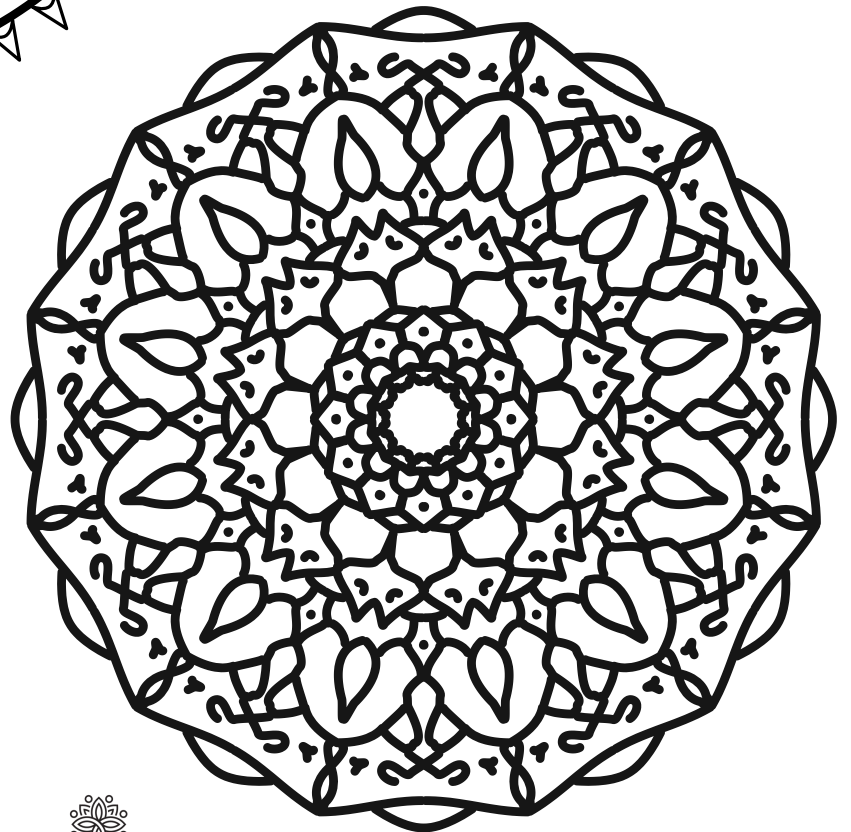
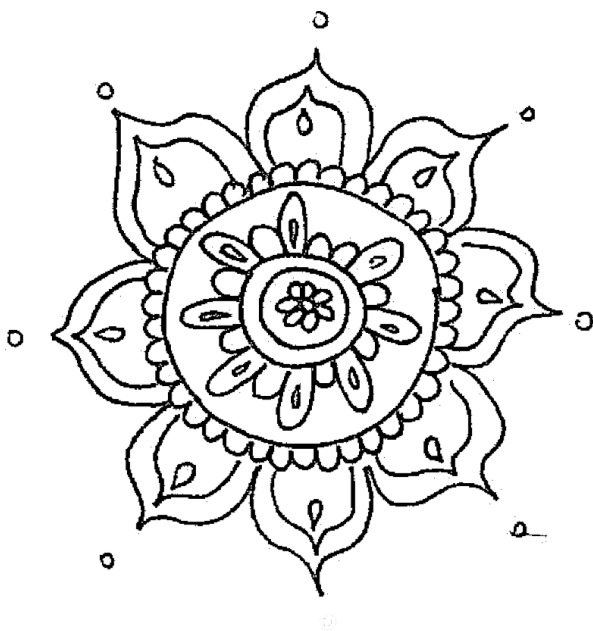
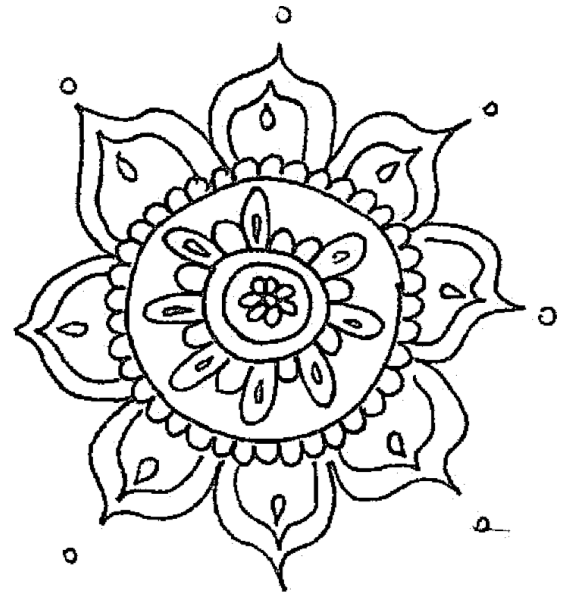
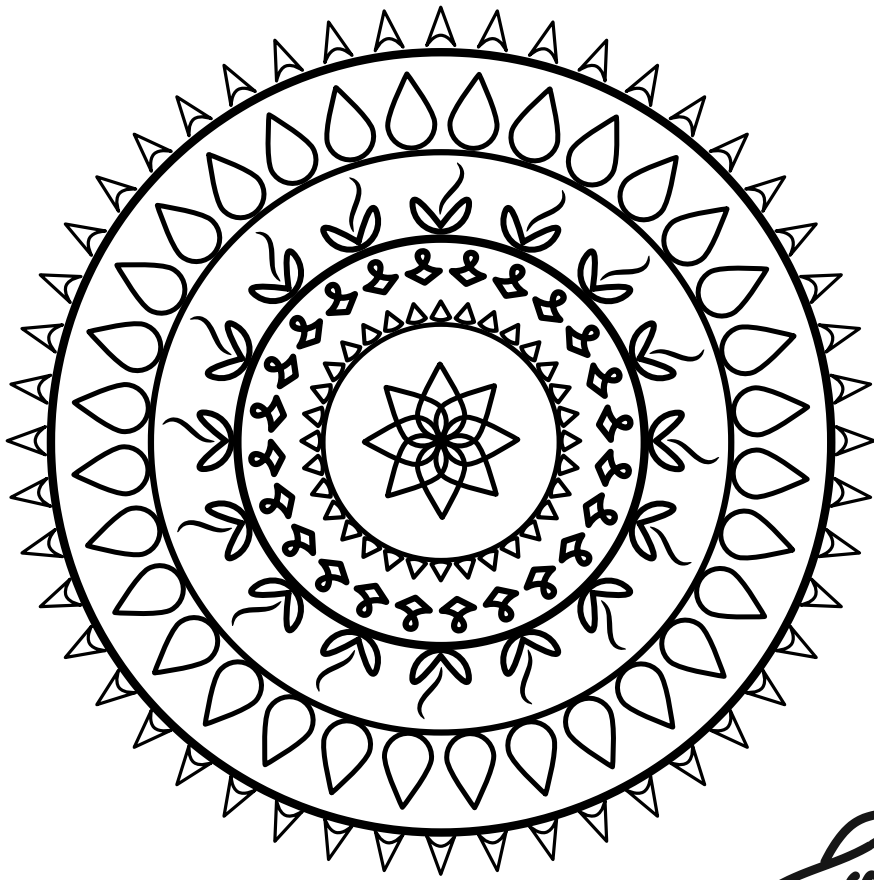
2

3



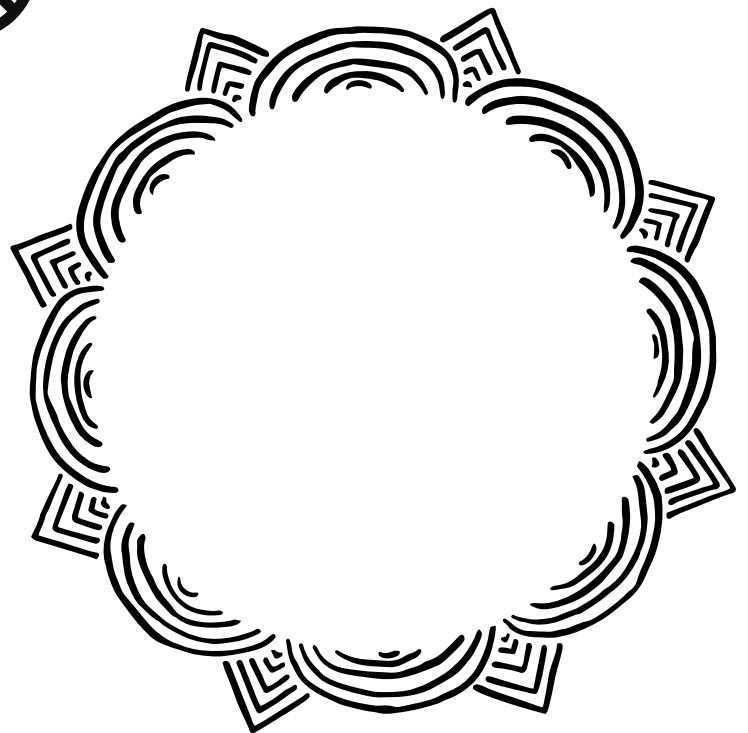
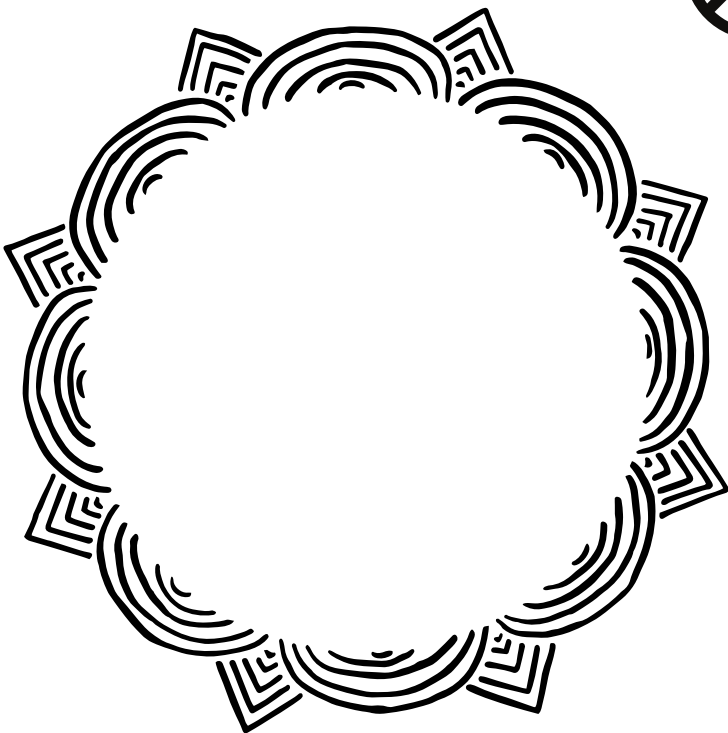
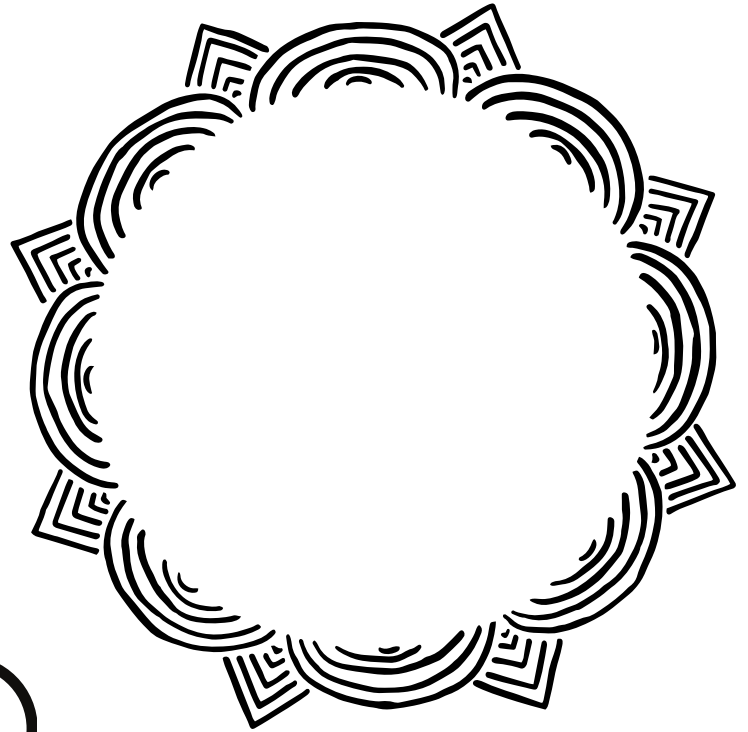
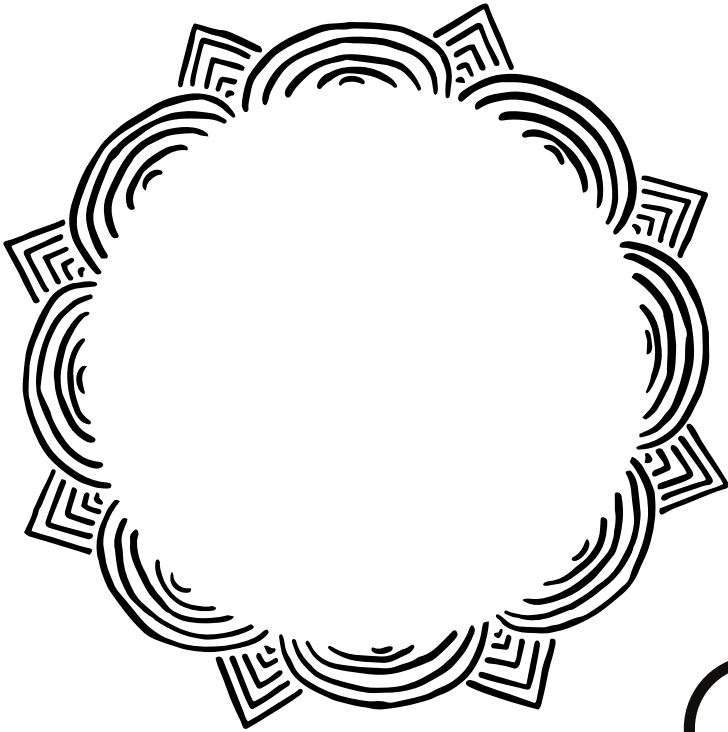
COLORING FOR PEACE

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!





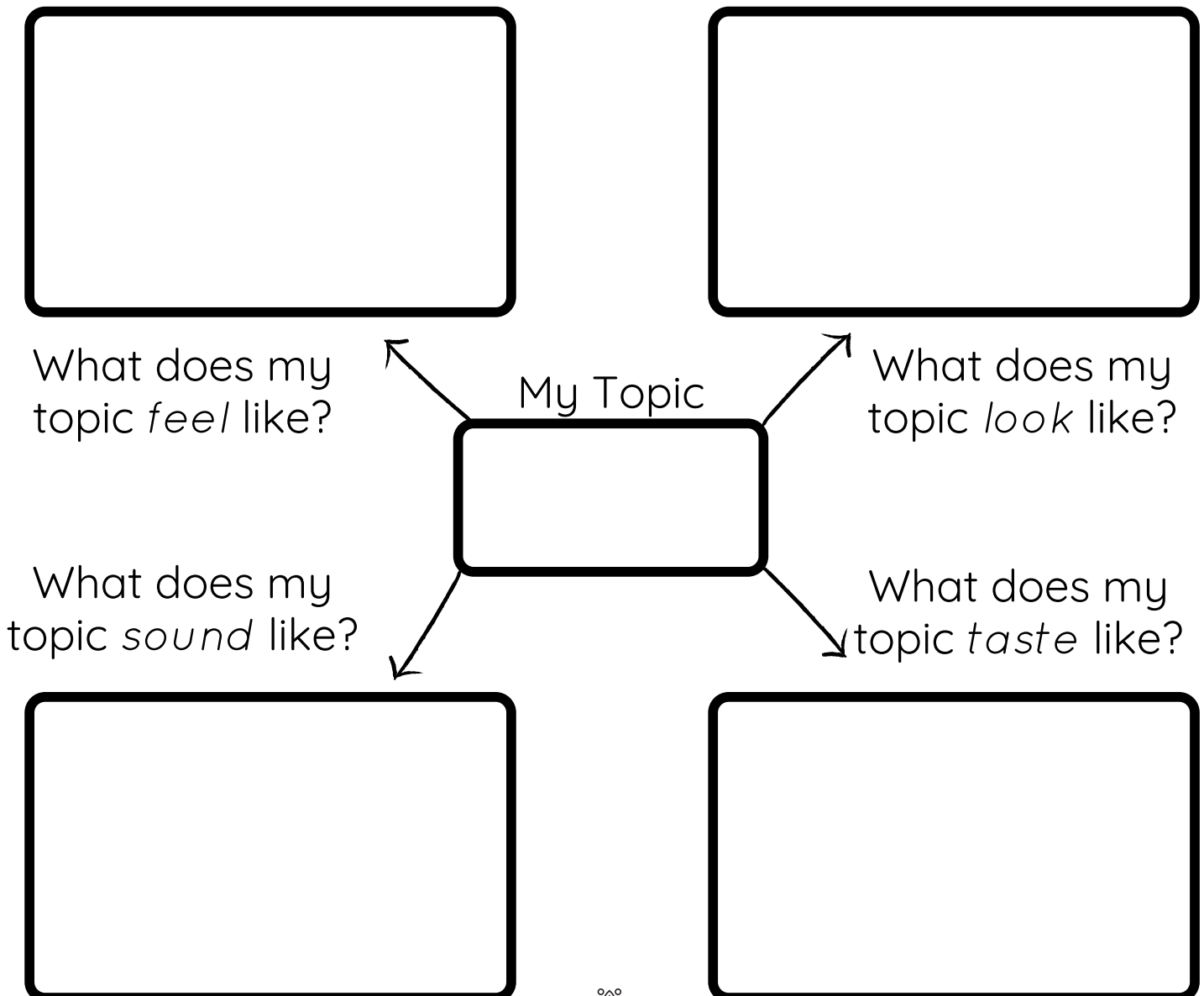
SONGS of PEACE

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!!



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!



Scan this code for
peaceful songs to listen
to while you write!



mindful littles

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

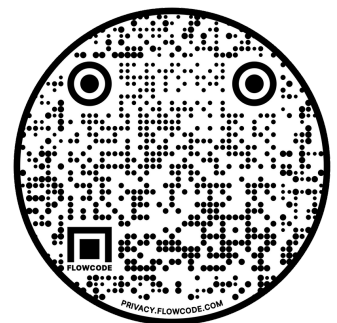


5. Arrange your story to fit the melody of the song you choose!

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!***



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“Nobody can bring you peace but yourself.”

—Ralph Waldo Emerson



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