

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

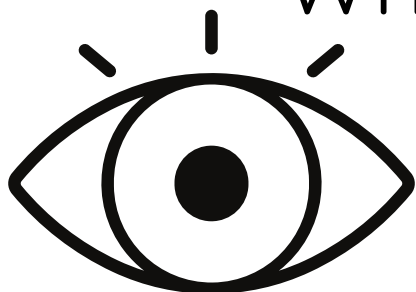


**I AM
PEACE**



PEACE with the SENSES

What does peace...



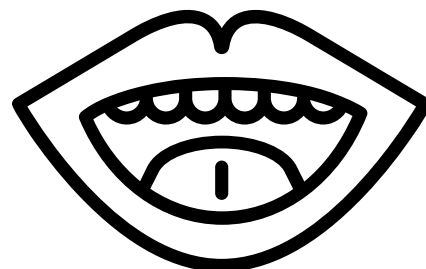
LOOK LIKE



SMELL LIKE



SOUND LIKE



TASTE LIKE



FEEL LIKE





I FEEL PEACE WHEN...

Write and draw!

1

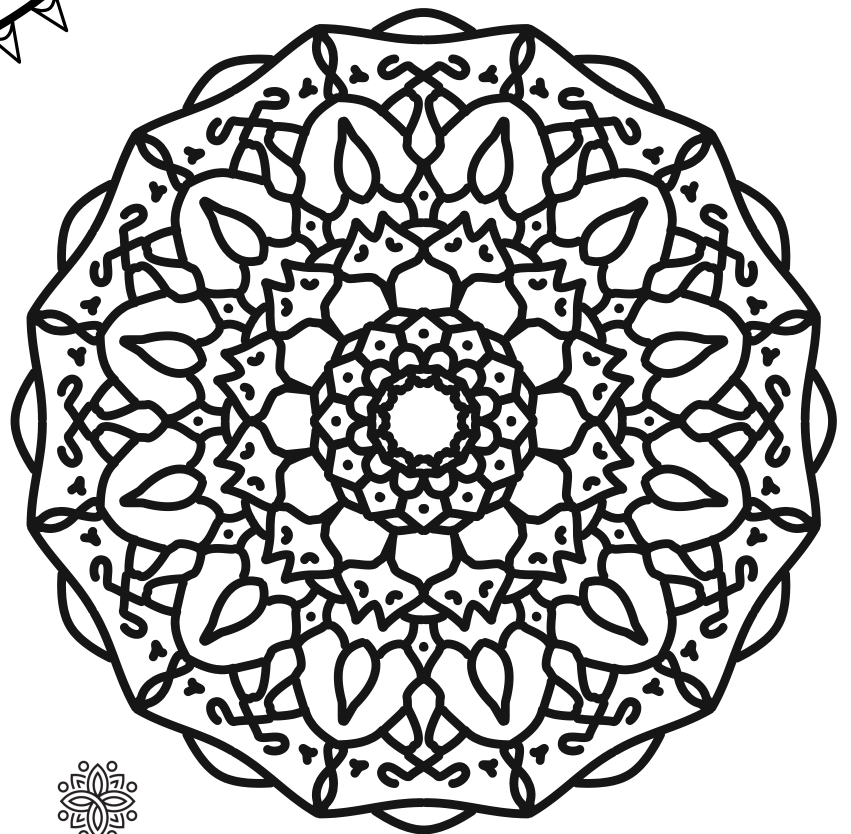
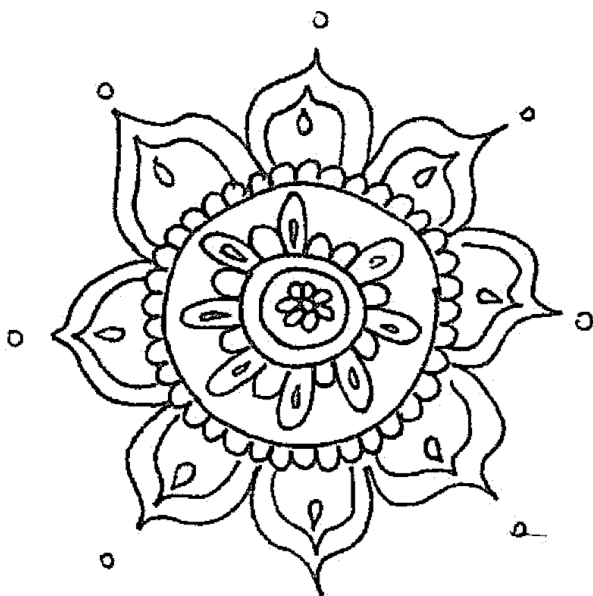
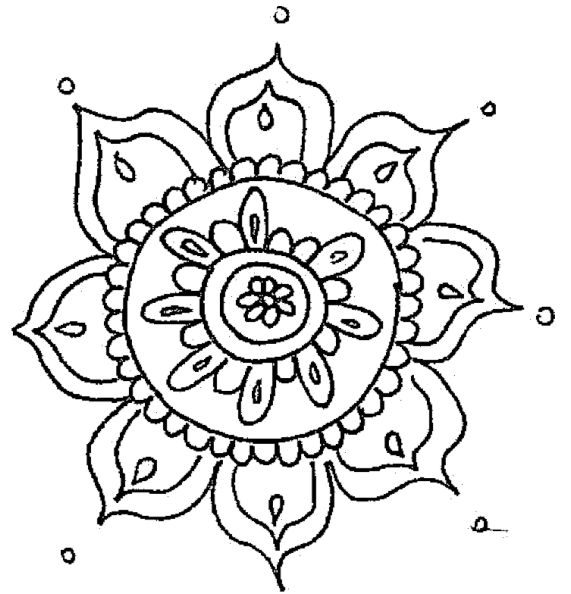
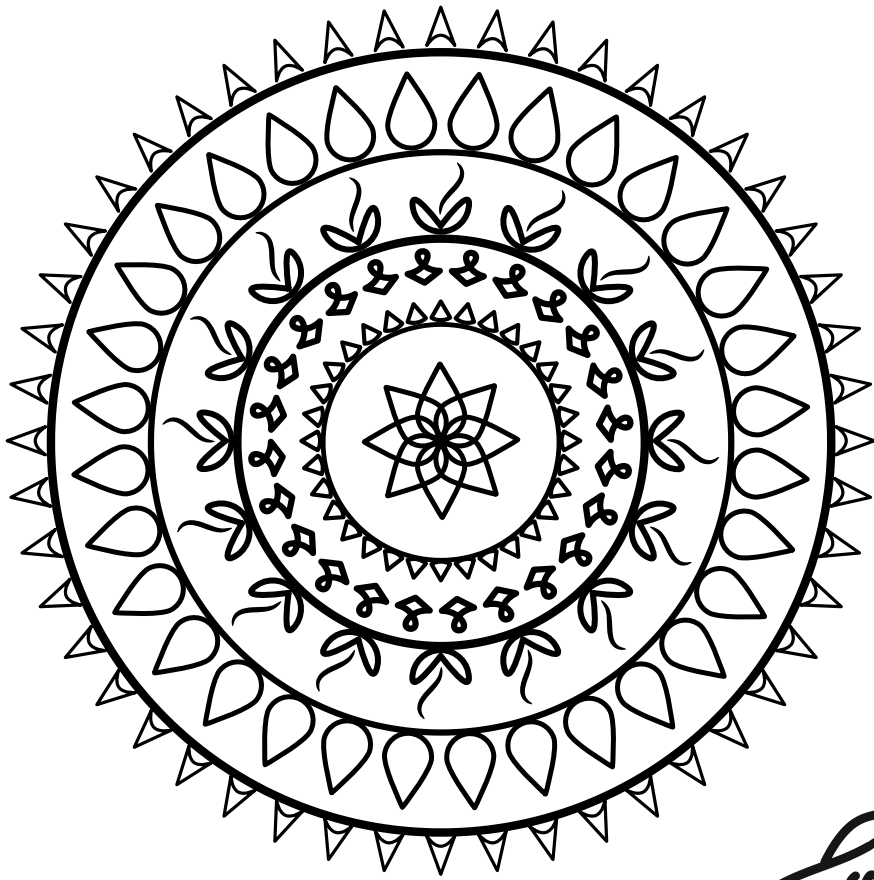
2

3



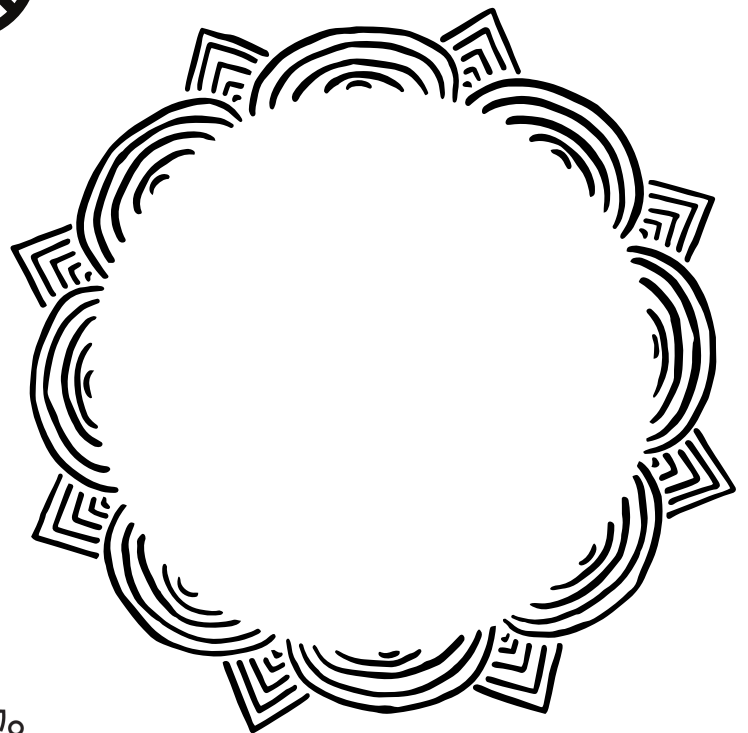
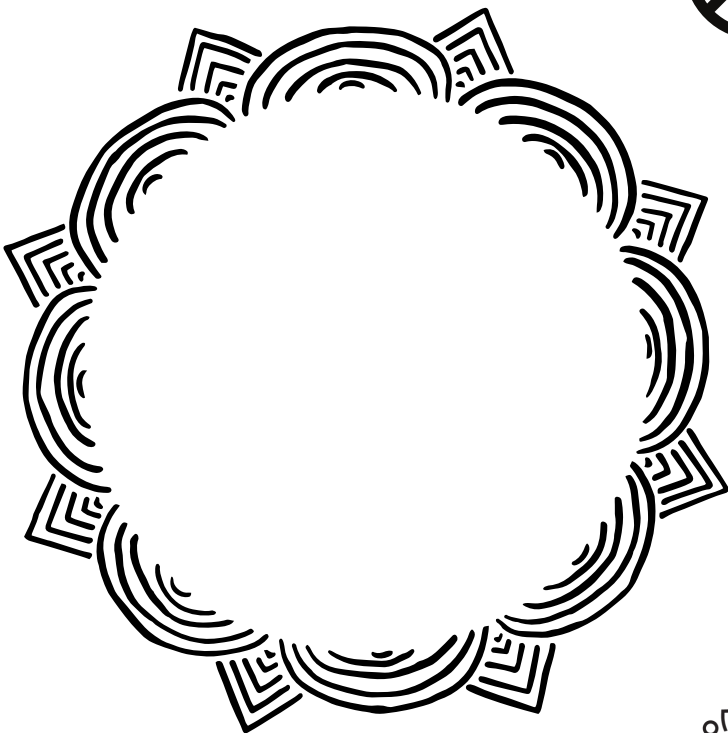
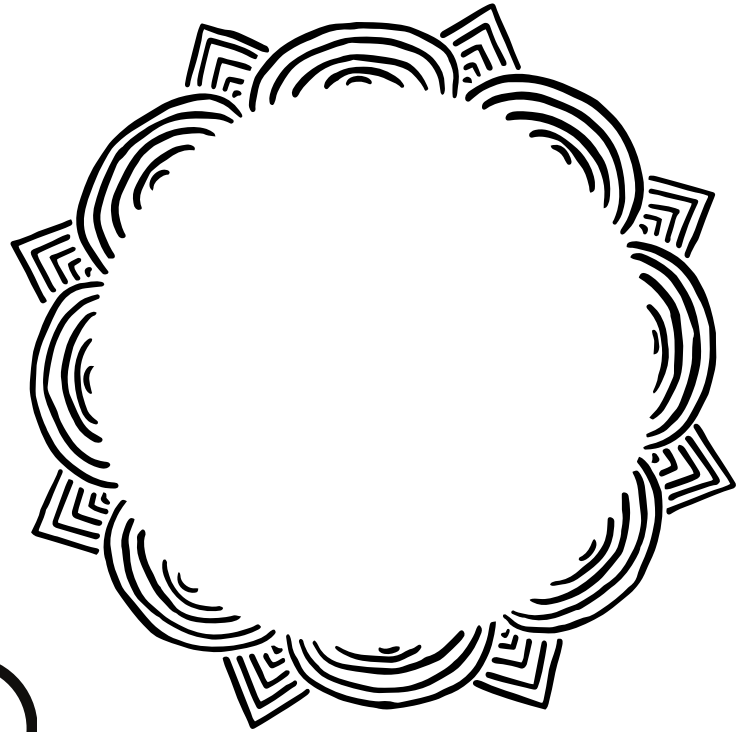
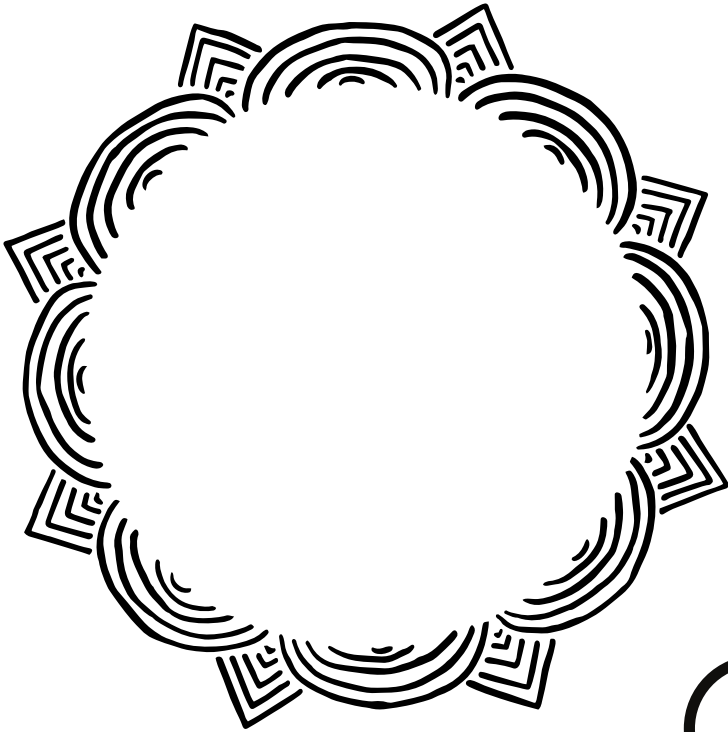
COLORING FOR PEACE

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



WISHES of PEACE

Write or draw wishes of peace & who they are for!





“Nobody can bring you peace but yourself.”

—Ralph Waldo Emerson



mindful littles®