

I Am Peace



for ages up to 13

Introduction



Never think you are not important. Who you are, what you do or say and how you react or respond...can make the difference between something being terrible or something being wonderful. This, then affects the whole world!

Feeling peaceful is not something that just happens. It takes work to develop it.

These are five attributes that can help to become a more peaceful person.

Patience

Enthusiasm

Acceptance

Courage

Empathy

When we have patience – we are slow to frustration.

When we have enthusiasm – we are slow to anger.

When we have acceptance – we are slow to disappointment.

When we have courage – we are slow to fear.

When we have empathy – we are slow to meanness.

Family



The family member I feel the most peaceful with is (or are) and why...

The family member I feel the least peaceful with is (or are) and why...

In the family, I feel the most peaceful when....

In the family, I feel the least peaceful when...

I am a peace creator in the family because I...

Friends



The friend I feel the most peaceful with is (or are) and why...

The friend I feel the least peaceful with is (or are) and why...

With friends, I feel the most peaceful when....

With friends, I feel the least peaceful when...

I am a peace creator with my friends because I...

School Mates



The school mate I feel the most peaceful with is (or are) and why...

The school mate I feel the least peaceful with is (or are) and why...

With school mates, I feel the most peaceful when....

With school mates, I feel the least peaceful when...

I am a peace creator with my school mates because I...

Peace Experiences



The color that is the most peaceful to me is _____

The animal that is the most peaceful to me is _____

The food that seems the most peaceful to me is _____

The drink that seems the most peaceful to me is _____

The music that is the most peaceful to me is _____

The movie that was the most peaceful to me was, and why _____

The cartoon character that is the most peaceful to me is, and why _____

When I grow up I want to create peace by _____

I Am Peace



I feel the most peaceful when I and why...

I feel the least peaceful when I and why...

I will create peace everyday by being more patient, enthusiastic, accepting, courageous and empathetic.
Which of these are the hardest for you and which of these are the easiest for you and why?

Peace Poem



Truth be told, I love everything nice
Therefore, I do not think twice
To create peace, wherever I go
The peaceful me, I try to show
To everyone whom I meet
To everyone whom I greet
I am excited and pleased to say
When I feel at peace, I have a better day
So come along and join with me
Creating peace so others can be
Peaceful and calm when things get tough
Then whatever happens is not so rough
We save our strength for better things to come
Then we feel happy and free and not angry or glum
What could be better than to learn this now
Be a peace creator....then stand tall and take a bow.

The Dove Represents Peace

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