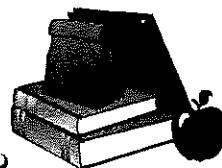


Peacefulness

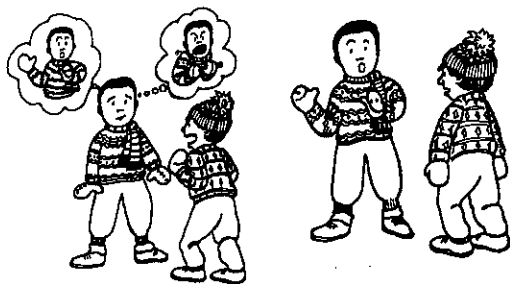


What Is Peacefulness?

Peacefulness is an inner sense of calm. It comes especially in quiet moments of reflection or gratitude. It is getting very quiet and looking at things so you can understand them. Peacefulness is a way of approaching conflict with others so that no one is made wrong. It is being fair to others and yourself. Peace is giving up the love of power for the power of love. With peacefulness, everyone wins.

Why Practice It?

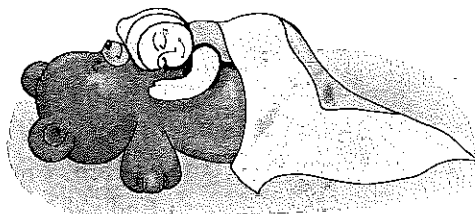
Practicing peacefulness helps to create a calm mind free from worry. When you are peaceful, you respect others and their differences. People around you feel calm and safe. Without peace, no one is safe. People get hurt. Fighting doesn't solve problems, and no one ever really wins a war. With peacefulness, any problem can be solved. Peace in the world begins with peace in your heart.



How Do You Practice It?

To find inner peace, become very still and think peaceful thoughts. Observe and think about your feelings, like anger, instead of acting with anger. To be a peacemaker, use peaceful language instead of name-calling, yelling or gossiping. Avoid aggressive or violent actions. Talk things out and listen to the other person too. Then look for a peaceful solution. Peacemakers find there are lots of creative ways to solve any problem. Violence never solves anything.

The Virtues Project



What would Peacefulness look like if...

- Your brother bursts into your room and steps on a model or painting you just finished?
- There are students of another race and religion in your class and some of your classmates are making fun of them?
- You start to worry about a problem and find it is on your mind all the time?
- You feel really angry about someone treating you unfairly?
- Some children start to tease you and asking you to fight?
- You decide to start a daily practice of prayer or reflection?

Signs of Success

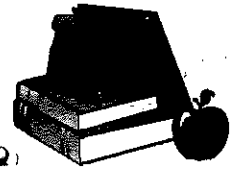
Congratulations! You are practicing Peacefulness when you...

- Create inner peace with a regular time to pray, meditate or reflect
- Use peaceful language even when you are angry
- Speak gently and respectfully
- Avoid harming anyone
- Appreciate differences
- Find peaceful solutions to every problem

Affirmation

I am peaceful. I use peaceful language and find peaceful solutions to any problem that arises. I find my inner peace and let it carry me gently through the day.

Activities with Peacefulness



Quiet Time

Have a quiet time in which you close your eyes and imagine being in a place of peacefulness and beauty such as a beach, a mountain top, a forest – a place to find inner peace.

Peace & Gratitude Journal

- Write a poem about peace.
- List five things you feel grateful for.
- Notice how peaceful you feel afterward.



Virtues Reflection Questions

- ❑ What can people like you and me do to create peace in the world?
- ❑ What gives you a sense of peace?
- ❑ When do you find yourself feeling most angry?
- ❑ How can you handle your anger peacefully?
- ❑ Name three things you can do if you see a fight starting?
- ❑ How would things change at home for you if you became a peacemaker?
- ❑ How can you become peaceful when you are worried?



Drawing Peacefulness

Imagine a beautiful, peaceful place to go in your imagination when you need to become peaceful. Draw it.

Draw a picture of the world at peace.



Poster Points

- ❑ Giving up the love of power for the power of love.
- ❑ Peacemaker.
- ❑ Let's try peace for a while.



Quotable Quotes

"Contention does not profit a people."
Brigham Young

"Conflict, when it is not resolved with violence, spurs growth and keeps life interesting."
Starhawk

"Have calm thoughts. Picture calm scenes. Recall calm sounds. And guess what you'll be feeling...." Paul Wilson

"Everything that irritates us about others can lead us to an understanding of ourselves."
Carl Jung

"Peace is more important than all justice: and peace was not made for the sake of justice, but justice for the sake of peace." Martin Luther

"We should have more peace if we would not busy ourselves with the sayings and doings of others." Thomas a' Kempis