



Today's Secret of the Heart is:

peace

Today's vocabulary words are: **peace, dance, Israel,**

Extra vocabulary words: **meditation, silence, breath**

We are visiting Israel in the Middle East. (Find a map of Israel on Google.)

Young Masters Pledge:

Make a peace sign with your right hand, place it over your heart and repeat after me.
I promise, to use my gifts. Everyday, in every way - for I am, a Young Master!

Affirmation of the day: I see peace. I feel peace. I know peace. I am peaceful. My world is peaceful.

Discussion:

- **What does peace mean?**
 - Peace is being calm.
 - Peace is breathing.

- **What peaceful things do you do?**
 - Peace is being gentle with each other and never fighting.
 - Peace is telling someone something you like about them.
 - Peace is rolling in the grass.
 - Peace is listening to the raindrops on a window
 - Peace is playing in the snow
 - Peace is being thankful for our friends.
 - Peace is listening all kind of music.
 - Peace is what you feel when you smile at each other.
 - Peace is feeling we are the same, because we all laugh and cry.

Activities: What is meditation?

Meditation is relaxing and listening to your breathing and how your body feels.

- Find a quiet place wherever you are.
- Sit crisscross-apple sauce. Put your hands on your knees with palms facing up.
- Close your eyes.
- Breathe....Think of nothing but your breath.
- Listen to your heart beat. Stay focused on that and relax.
- Do this for 3 or 4 minutes.
- Share with a friend or family member how you feel when you finish.
- Color the picture below when you finish.



ARTS/CRAFTS PROJECTS

Here are two symbols for Peace. Color them.



Trace/write vocabulary words:

peace

Israel

dance

meditation

silence

breath