



**Today's Secret of the Heart is:**

# peace

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

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

**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

breathe