

Global Book Bag

Title: I am Peace

Author: Susan Verde

Grade Levels: 2nd

Global Competence: Keep an Open Mind



I Am Peace is **a reflection of the power of mindfulness in all our lives**. It is a perfect guide with which parents and teachers can help children pay attention to their feelings and learn to control their worry and anxiety. Includes a guided meditation

Guided Meditation with your family & Peace Painting

Bag Contents:

- white paper
- paint set
- paint brush
- copy of guided meditation

Directions:

1. Read the book together with at least one family member. Stop and discuss words and wonderings as needed.
2. Discuss what it means to have an open and peaceful mind. Talk about what makes you worry and feel anxious. Discuss what might make other people worry. Talk about what makes you feel peaceful- places, things, people.
3. Have an adult read the guided meditation to you. Keep your eyes closed the whole time!
4. Make a Peace Painting! Paint a picture of the things that make you feel peaceful.
5. Please let the painting dry first and put it into the book bag!
Please put all items back into the bag, into your child's backpack and return to school.