



Teaching Truth - Empowering Kids to Shine

When I'm shining with

# PEACE

# Teaching Tips and Activities





## **Hello and welcome to the Kids Light Up 'Teaching Tips and Activities' on PEACE.**

Peace is a state of being. Peace is not about everything being calm and perfect. Peace occurs when our innate need to trust and be trusted transpires. Peace comes from being in-the-moment, and from a deep sense of contentment. It does not come from things that we can control. We grow peace by choosing to obey and accept decisions from trusted adults or peers and developing a flexible, thoughtful approach to others.

Peace comes from including and supporting everyone around us by being able to contribute the best that we have. As we seek to nurture values, goodwill and compassion for others, we allow space for everyone to contribute their best.

Peace feels like being settled about decisions, and being comfortable about your actions, such as trusting another person. We often ask children to undertake our decisions/instructions whether they have peace about it or not. A child who is able to do the right thing and feel settled about it shows they trust that person, especially when they don't want to do it! Children who are not comfortable can be helped to find peace through participating in activities that create a culture of peace. This is where they find peace in their state of being.

People are made to be and live in community with others. As adults, our role is to shape and role model how to be with others, to be free to do our best and allow for others to their best as well. This balance of give and take must be learned, usually through trial and error! This is why trust, and the obedience that follows, is so important. Children are naturally egocentric: they want what they want, usually without consideration for what others may be experiencing around them. Through firm and gentle guidance, and realistic age-appropriate expectations, we can teach children how to create a sense of peace. By teaching children how to 'switch on the peace light' as a way of being, we help them adjust when their internal wants are out of check. This also works when external influences are assaulting their senses and negatively affecting their behaviour.

### **Teaching Tips:**

- Inner peace comes from relationship with others and is based on trust. Developing trust happens through relationship with others. It is only when we have a true, mutually respectful and trusting relationship with others that we can feel a deep sense of peace within.
- Make peaceful spaces at home or in the classroom. It is important to have spaces and places that are calm and lovely for children to be in. Peaceful places don't always mean 'quiet' spaces, as children love and need to be



active. A space that gives a sense of wellbeing and peace may look different for different children. It may be a small box to climb into or maybe a run around a track outside. A veiled corner with cushions, fiddle toys and books, or maybe a well-loved climbing tree.

- Allow children to enter or go to these spaces before they spiral into sensory overload. This happens best when we know them very well, as we will notice the signs. Very quickly children learn to notice the warning signals themselves, and will know what to do about it!
- Go outside. Nature is intuitively calming. It is a balm for the soul. We are created to be outdoors and in today's society children are not spending enough time outside. When encouraged, children often find their own outdoor secret spaces, even if it's just a corner of the backyard or a cubby made under the bushes. Respect children's need for exploration and private inner reflection that nature inspires.
- Allow time for long periods of unstructured, uninterrupted play. Younger and older children need time to play. Never accept the word 'bored' as there is no such thing! Children who say they are bored are actually disconnected with their environment and often not well practised at creating their own play. This indicates they have always had an adult to entertain or manage their time for them. Allow children to be 'bored' and encourage them to make up their own games. Make believe play increases social skills, develops relationships and builds empathy for others. Children use play to work through feelings such as sadness or fear, and to explore the world. Role play allows children to step into an adult's shoes and explore what having power feels like.
- Engage children's hearts and hands. Create opportunities for children to directly give. They enjoy making – a card, a drawing, tree ornament, cookies or bread to give to a family member, neighbour, friend or someone in need. They may enjoy sorting through their own possessions and giving away a treasure to someone in need.

**The activities** focus on discovering your ways of feeling at PEACE.

These resources can be used with one child, your family members, a small group or a whole class.



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## 1: **What makes you feel PEACEFUL?**

1.1 Activity

Read the words on the poster (1.2) together. Talk about what it feels and looks like to be peaceful.

When do you feel most PEACEFUL?

Is there somewhere in Nature that you feel at PEACE?



What makes you feel PEACEFUL?  
1.2 Poster

When I'm shining with PEACE  
New things I discover  
I'm ready to learn  
To play, to wonder



**What makes you feel PEACEFUL?**  
1.3 Activity

Draw and write.

I am PEACEFUL when...



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## 2. Creating a culture of PEACE.

### 2.1 Activity

Make some posters together under 3 headings, Care for Me, Care for Others and Care for the World. Paste words and pictures (drawn or found on internet and printed, or cut out from old magazines) to the posters. Use the words below for inspiration, or make up your own! Hang up your posters and display as a reminder of how we create a culture of PEACE when we work well with each other, we look after ourselves and the environment. This activity is designed to help children be helpful contributors to family or to the classroom.

### Care for me

- Eat well
- Go to sleep at bedtime
- Drink water often
- Exercise-play outside
- Look after your belongings
- Clean up your toys
- Be polite
- Be kind

### Care for others

- Listen and look at others when they are speaking
- Greet people with a smile
- Be helpful
- Ask others to play
- Be honest
- Be attentive
- Be patient
- Be forgiving
- Respect others space
- Be trustworthy

Use the 'I can' way:  
'I can do that!'  
'I'll try that!'

### Care for the World

- Pack away after yourself
- Feed food scraps to the worms, compost
- Build a bug motel
- Be water wise
- Switch off lights when not in use
- Grow some vegetables, fruit and herbs

Feeling content: Control your  
'wants' - It's better to want what I  
have than to have what I want!



## Finding PEACE

### 2.1 What does PEACE look like? Poster

Take a breath.



Be calm.



Being polite.



Enjoy nature.



Draw something peaceful.



Be mindful.





## **Finding PEACE**

### **2.2 Activity**

Begin by reading 'When I'm Shining with PEACE'. Talk about what is happening in the illustrations. Ask some questions like:

What does being PEACEful look like?

When do you feel PEACE?

How can you show PEACE to others?

Look at the Poster (2.1) together. You may like to print it out on A3 sized paper. Discuss opportunities for when children can show PEACE to others. Children may add their own suggestions. Write them on the poster.

Introduce the 'Shine your light' tickets (2.3). Print and cut out. The idea is for children to notice themselves or others 'Shining with PEACE' during the day.

Children may come to you during the day with things they have noticed, or you may set up a discussion at the end of the day for the children to talk about who they noticed shining with PEACE. Write the child's name at the top of the note, then include what they did to 'Shine with PEACE'.

You can keep adding in subsequent days to the poster. Alternatively, you could put them in a giant PEACE jar, or place them on a tree or a vine display on the wall.



# Finding PEACE

## 2.3 'Shine your light' tickets



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Was shining with PEACE  
Because

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Was shining with PEACE  
Because

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Was shining with PEACE  
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Was shining with PEACE  
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