

Activity: Peace for You and Me

Resource: Peace Statements

I feel calm when...

- It's dark.
- I'm wrapped up tightly in a blanket.
- Someone shares a toy with me.
- A dog jumps up on me.
- Someone takes something of mine without asking.
- I paint a picture.
- A friend asks me to join their game.
- Someone interrupts me while I'm talking.
- A friend gives me a hug.
- I hear my friends arguing.
- Someone teases me.
- Someone asks me if I need help to solve a problem.
- A friend listens to me while I share a story.