

Hands-of-Peace AT HOME!

PEACE ART

1. Eco-Art

Art made from recycled materials is a kind practice for the earth, and art made from dried nature elements makes us feel connected to nature and feel calmer! Gather your materials, see below, and decide to make a sculpture or a collage!

Gather:

1. Your materials! Nature or recycled or both. Some great examples:
 - Plastic food bags cut into strips
 - Old socks
 - Boxes or toilet paper rolls
 - Egg cartons
 - Packing peanuts
 - Acorns
 - Leaves
 - Twigs
 - Rocks (flat and small)
 - Old seeds
2. Adhesive! What do you have that can stick things together?
 - String
 - Brads (metal push pins with two bendable forks - my son's favorite!)
 - Tape
 - Glue
 - Hot glue (need adult help)
3. Your base! Are you making a sculpture? Which piece will you start with? Want to make a collage? What can you put it on? - construction paper, tagboard, canvas, cardboard piece, or plain paper?
4. Use your instincts to piece things together. Feel free to decorate with marker or paint - adult permission needed. Send Mrs. Lynn a photo of your creation!
youthartbaredfeet@gmail.com

2. **Origami Hearts** - Grab some paper (any will do) and follow the instructions on this easy video!
<https://youtu.be/Z-BIL6p1Te8>

3. **Invisible Art!** Get some white paper, a white crayon and some watercolor (ask adults for help! Lay newspapers down to protect the paper). Then, think about something you want to draw about peace (what do you want to say? What makes you peaceful? What do you wish people wouldn't do because it's not peaceful?). Take your white crayon and draw your idea on the paper (push kinda hard) - it's invisible so no one can see it! When you're ready, paint over your drawing with watercolor and see it revealed!



4. **Print-off the below picture for free coloring!**



PEACE POETRY

1. Bookspine poetry

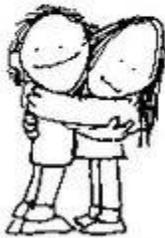
Sit in front of your bookshelf or get a stack of books, and make a poem using the book titles! Pick the titles you like, then put them in an order that makes sense to you! This is simple self-expression that makes you feel better!



2. Read these poems together

HUG O' WAR

I will not play at tug o' war.
I'd rather play at hug o'war,
Where everyone hugs
Instead of tugs,
Where everyone giggles
And rolls on the rug,
Where everyone kisses.
And everyone grins,
And everyone cuddles,
And everyone wins.



THE VOICE

There is a voice inside of you
That whispers all day long,
"I feel that this is right for me,
I know that *this* is wrong."
No teacher, preacher, parent, friend
Or wise man can decide
What's right for you—just listen to
The voice that speaks inside.

I'M GLAD TO BE ME

I look in the mirror
And what do I see,
I see the me
No one else can be.

I am precious,
I am glad to be me,
My hair, my face,
My personality

My size, my shape,
The color of my skin,
All make up me
Outside and in.

Your Best

If you always try your best
Then you'll never have to wonder
About what you could have done
If you'd summoned all your thunder.

And if your best
Was not as good
As you hoped it would be,
You still could say,
"I gave today
All that I had in me."

From "Suzie Bitner Was Afraid of the Drain"
by Barbara Vance



*Spread a little kindness
Everywhere you go
Let that little kindness
From your heart, gently flow*

*Reach out with kindness
To all those in need
Smile at others with kindness
Spread the kindness seed*

Be Kind Today

JollyGreets.com

I Can Be Kind
I can be kind
And share my toys
I can say nice things
To other girls and boys
Cheer them up
When they are sad
Help a friend
When they feel bad
I don't exclude
I let everyone play
I can be kind
Each and every day



3. "magnetic" poetry cut-outs

Cut out the words on the next page and shuffle them around to make poems using words you like! There are 5 blank ones for you to add your own words. Share these poems with Mrs. Lynn ©

a	beautiful	favorite	him	moon	quiet
a	big	father	I	mother	rainbow
a	bring	family	I	me	rude
all	butterfly	fuzzy	I	mine	rest
and	cat	for	in	my	sweet
and	colors	feels	it	nice	sleep
and	could	food	it	need	sun
are	crazy	good	is	not	stars
are	dance	great	is	no	sing
are	dog	go	inside	never	super
as	do	had	ing	on	shiny
as	did	have	ing	only	safe
at	don't	heart	kindness	of	scary
animal	done	has	love	peace	small
always	everyone	he	lost	peaceful	soft
be	each	her	like	place	she
tummy	time	you	other	party	should
together	us	your	yell	people	so
wonderful	world	warm	when	whisper	what
want	_____	_____	_____	_____	_____

4. Matching adjectives

Match these adjectives (describing words) and nouns (person, place or thing) - be silly, there are no wrong answers! Ask your adults if you aren't sure what a word means. Put them together for a poem if you like.

Adjectives

Bright

Cute

Polka-dot

Squishy

Friendly

Sleeping

Mean

Windy

Nervous

Smiling

Dancing

Sparkling

Flowing

Hugging

Magical

Colorful

Nouns

Friendship

Mommy

Baby Bird

Hands

Neighbor

World

Flower

Butterfly

River

Tree

Children

Daddy

Brother or Sister

Teacher

ME

Bully

PEACE DANCE

Put on your favorite songs for these activities, or try these on YouTube:

<https://www.youtube.com/watch?v=-Gk5FU8TmU> – relaxed beat

<https://www.youtube.com/watch?v=YxRothF-QE4> – “Can’t Stop the Feeling” from Trolls

https://www.youtube.com/watch?v=ZbZSe6N_BXs – “Happy” by Pharrell

<https://www.youtube.com/watch?v=nwAYpLVyeFU> – “Kindness Boomerang” (this is a fun video to watch, too)

1. Leading Body Parts

Go over all the different body parts with your adult. Choose one body part and pretend that it pulls you around the room. Try another one! And another! Notice that all your body parts have to work together in order to move, even when one feels like it’s leading 😊

2. Clay Game

Teach your grownups the clay game! Have them be the “statue” and you are the “artist” that puts their body in a position. Then switch roles and let them shape your body in a pose! What stories do you see in the shapes?

3. Blindfold Dance

Find a partner. Get a scarf or handkerchief to use as a blindfold. Decide who will be the leader and who will wear the blindfold. The leader takes the blindfolded person’s hand and leads them slowly and carefully around the room in a dance. The leader is taking care of the other person and needs to keep them safe. Start slow – just moving the arm first. The blindfolded person doesn’t peek, and does their best to trust enough to follow them and enjoy the experience. Switch roles. Talk about what it was like.

4. Mirror Dance

Find a partner. Face each other. Decide who will lead first and who will follow. The leader creates simple, slow movements so the follower can copy them. The follower will copy the movements but on the same side of the body – like looking in a mirror. There are no wrong answers – any movement is okay! Switch roles.

5. Watch and Learn this “Anthem for Peace” dance

https://www.youtube.com/watch?v=_2ouJjKFmeM

6. Watch and learn this dance to “Be Nice” by the Black Eyed Peas

https://www.youtube.com/watch?v=QWp_deeYA2o

PEACE DRAMA

Engaging in acting – allowing yourself to get dramatic and imaginative, and pretending to be someone or something else is good for expressing those things that are hard to explain but can feel really big. It also is a great way to practice understanding how others feel or what it’s like to be someone else. This builds compassion!

1. Read

Pick your favorite book and read it like you were putting on a dramatic play. Act out the parts. Read it with someone or perform it for someone. You can also look up short skits online, but any book works, too. “Elephant and Piggie” books by Mo Willems are perfect for young dramatic readers.

(more next page)

2. Charades

Find a partner or get your whole family into two teams. Then take turns acting out a word from the list (don't let the other team see it) without using words - see if they can guess what it is! Take turns. No need to keep score - just practice communicating with your face and body. Cheer each other on! Here are some word ideas (some are easier than others)!

- Fire truck
- Balloon
- Your favorite animal
- Swimming
- Going to school
- Writing a letter
- Fireworks
- Wind
- Doctor
- Riding a bicycle
- Taking a bath
- Monster
- Butterfly
- Mashed Potatoes

Another part of drama is practicing speaking clearly. This is good because sometimes when it is most important to speak we feel nervous. Enjoy these two voice games!

3. Tongue twisters

Can you say these 10 times fast and speak each sound clearly? (Speaking clearly is called enunciation. Tongue twisters help you exercise the mouth and tongue to articulate - how you make - the sounds)

Three free throws

Red Leather, Yellow Leather

Say this sharply, say this sweetly, Say this shortly, say this softly. Say this sixteen times very quickly.

Red Bulb Blue Bulb Red Bulb Blue Bulb Red Bulb Blue Bulb

Mix a box of mixed biscuits with a boxed biscuit mixer.

A proper copper coffee pot.

Toy boat. Toy boat. Toy boat.

Shave a single shingle thin.

Cinnamon aluminum linoleum.

4. Voice Throw

Go find three stuffed animals. Stand on one end of the room. Toss one animal a few feet in front of you. Toss another one to the middle of the room. Toss the last one to the other side of the room. Then speak these lines so each animal can hear you (does your volume go up to the one on the other side?).

1. "Peace!"
2. "Share Kindness!"
3. "I Love You!"

YOGA

1. Breath: Pinwheel

Hopefully you have a pinwheel lying around your house, this activity employs color therapy, movement focus, and breathing exercise! You can get most of the benefits by pretending, too: Take a pinwheel in your hands. Face it in front of you. Look at the colors. Spin it gently with your fingers. Turn it sideways and gently wave your arm back and forth - letting it catch the air. Watch it spin! Now, face it towards you again and smell it like it's a flower - sniffing slow and deep through your nose. Then blow on it gently like you are cooling off something hot. A little off from the center. Keep blowing like this to make it move with your breath. Avoid quick, sharp, short breaths or you'll get a headache - remember to "sniff" and "cool". Relax and think of your favorite colors.

2. Sun Salutation Watch and follow along to this Sun Salutation - https://www.youtube.com/watch?v=V_SZ0A7iXA8

3. Poses

Cat

On hands and knees, when you inhale your face and tail look up as your belly drops down. When you exhale your head and tail curve down as your back rounds, belly pulls in. Repeat 5-10 times.



Flower

Kneel in child's pose, like a flower seed. Feel the sun and rain on you.



Then, as you inhale, rise slowly up onto your knees. Raise your arms like showing flower petals, and let them rest behind you on your ankles - open your chest. As you exhale - reverse back to rest in child's pose. Repeat 5-10 times.



Warrior



Stand with your feet wide but stable. Inhale and bring your arms up and out to the sides. As you exhale, bend one knee (over its ankle) and look in that direction. Keep your arms up and everything steady for 5 breaths. Say "Peace Warrior" on every exhale. Then slowly straighten the leg and bring the arms down as you inhale. Starting again. Switch sides.

4. Guided Meditation - Listen to this Guided Meditation for some quiet time in relaxation - "Gratitude Tree" <https://www.youtube.com/watch?v=64QzBuhsyuk>

PEACE MUSIC

Learn and sing these songs, spread peace through music! Play percussion instruments if you have any, or make some (drum, tambourine, shaker):

1. Light a Candle for Peace by Shelly Murley:

<https://www.youtube.com/watch?v=lazbjWMWHzc>

Light a candle for peace
Light a candle for love
Light a candle that shines all the way around the world
Light a candle for me
Light a candle for you
That our wish for world peace
Will one day come true!
(repeats)
Sing peace around the world
(combine chorus and verse)
Light a candle for peace
Light a candle for love
Light a candle that shines all the way around the world
Light a candle for me
Light a candle for you
That our wish for world peace
Will one day come true!

2. All You Need is Love by The Beatles

(BeatBugs version: <https://www.youtube.com/watch?v=0ub4fbc7ZgA>)

Love, love, love	All you need is love, love
Love, love, love	Love is all you need
Love, love, love	There's nothing you can know
There's nothing you can do	That isn't known
That can't be done	Nothing you can see that isn't shown
Nothing you can sing that can't be sung	Nowhere you can be
Nothing you can say	That isn't where you're meant to be
But you can learn how to play the game	It's easy
It's easy	All you need is love
Nothing you can make	All you need is love
That can't be made	All you need is love, love
No one you can save that can't be saved	Love is all you need
Nothing you can do	All you need is love
But you can learn how to be you in time	All you need is love
It's easy	All you need is love, love
All you need is love	Love is all you need (repeat to end)
All you need is love	
All you need is love, love	
Love is all you need	
All you need is love	
All you need is love	

3. Kid's Peace Song By Peter Alsop https://www.youtube.com/watch?v=FHiVsV_zd84

Chorus: People come in different sizes,
Colors shapes and names
Though we're different on the outside,
Inside I think we're the same (Repeat)

Sometimes happy, sometimes sad
Scared or silly, mean or mad
Feelings you have, I have, too
We're not so different, me and you

I bet you have ideas like me
Our brains are built the same, you see
And if I understand you right
We both love peaceful sleep at night

Chorus

Everyday we share the sun
We love to laugh and play and run
Through fields and trees, beneath the sky
We love this planet, you and I

We were born with different names
The words we speak are not the same
Around the world in every land
Peace on earth we understand!

Chorus

4. A Song of Peace by Teresa Jennings <https://www.youtube.com/watch?v=bYJZfdGDQA4>

If I could write a magic song
That ev'ryone could sing
I'd write of love of hope and joy
And things that peace could bring
And when we sang my magic song
All hate and war would cease
If i could write a magic song
I'd write a song of peace
One song for all of us
One song could bring us peace
One song could make miracle
For all of us
A song of peace
With just one song
One magic song
That ev'ryone could sing
We can sing of love of hope and joy
And things that peace could bring
And when we sang our magic song
All hate and war would cease
With just one song
One magic song
All war would fill with peace

One song
(One song)
For all of us
(For all of us)
One song
(One song)
Could bring us peace
One song
(One song)
Could make a miracle
For all of us
A SONG OF PEACE
(A SONG OF PEACE)
One song could make a miracle
For all of us
A Song Of Peace
(A song of peace)
A Song Of Peace
(A song of peace)
A ... Song... Of...
PEACE...

Peace Discussions

Questions to prompt discussions for the whole family - keep it light, but be supportive if the kiddos take it heavier.

1. **What gives you peace right now? What does NOT feel peaceful in your life?**
Feel free to share why.
2. **Peaceful or Not Peaceful** - adults ask the kids if they think the behaviors they list are peaceful or not peaceful. Feel free to use your own ideas with your kids. Let them make suggestions. Keep the tone important not joking.
3. **Hands of Peace** - Hands of Peace means using our own hands to make the world more peaceful. What are some things you can do for others? For the world? Think about the activities in this booklet - how do they spread peace?
4. **Gratitude** - spend some times as a family thinking of things together that you are thankful for: from dinner, to the stars, from a toy, to love.

Thanks for participating! Please share your experiences with these activities with you do them so I can hear how they turned out! And send any feedback on the whole program or photos of your creations to Mrs. Lynn at baredfeet@gmail.com .