

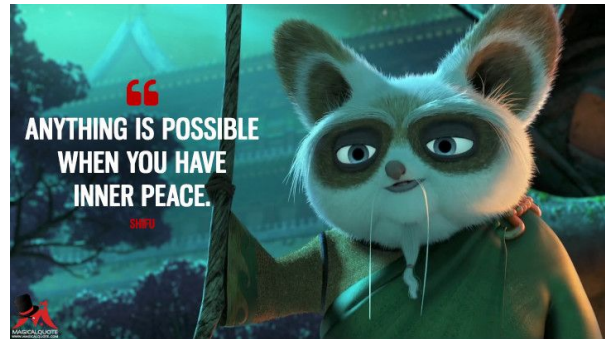
SUMMER SHELTER-IN-PLACE ACTION PACK

WEEK 5: Inner Peace

INTRODUCTION

Do you have peace like a river? Or maybe your peace is more like a calm ocean? Or a stoic mountain? Whatever way you describe it, we are talking about that sense, deep inside, that you are worthy, that you are doing the right thing, and that everything will turn out OK.

Maybe you don't know how to get that feeling yet. That's ok. Hopefully, in this week, you'll learn new ways of discovering it. Remember, if you do or discover something you're super proud of, please share!



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QUESTION: *What is inner peace? How is it created or kept?*

SELF AWARENESS - A Solo Practice



npr.org

For those of you who like alone time, this practice might resonate the best with you. Set a timer for 5 to 10 minutes and then set the timer aside. Try not to worry about the time, you've set a timer to worry for you. Concentrate, instead, on your breathing, on your being. You can do this either sitting comfortably with good posture, or walking slowly in circles. Either way, think about your body touching the floor. Listen to the sounds surrounding you and let each sound keep floating by you. Maybe count your breaths, notice if they get longer or shorter.

The first time you do this, you'll probably have lots of thoughts come up and you might find that you keep "chewing" on one particular thought. But if you do this several times (maybe for 5 minutes each day this week?) you might find that it will be easier and easier to just "be."

ENVIRONMENTAL AWARENESS - An Ecological Practice

For those of you that find nature speaking to you loudest, this might be the way into your inner peace. Step outside. Find a spot you feel connected to nature. What you do next will probably depend on this spot. Are you in a garden? Find something helpful and repetitive to do for the garden; pulling “weeds”* is a great thing for this. Or maybe you’re on a beach; counting the waves would be a great practice. Or maybe all you can get to is a view of the sky - it’s ok, contemplating the clouds or counting the number of birds or stars is also a lovely thing. For any activity you choose, set a timer for 5 to 10 minutes so that you can really focus on what you’re doing, rather than worrying how much time has passed.

*Remember, “weed” is a name we just use for a plant you don’t want in this particular garden. Sometimes what was a weed in one place, is actually a very good plant to have.



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LEARNING BY DOING - A Creation Practice

Do you like to do things and create things? Maybe you find inner peace most through that. Try creating a labyrinth for you and your family with things around the house. You can rearrange furniture, or place stuffies strategically, so that you need to be careful walking around them. If your guardians aren’t quite happy with you placing stuffies everywhere, consider drawing a labyrinth on a piece of paper, making it as intricate and colorful as you want. Then, instead of walking the labyrinth, you would use your finger to trace the path through it.



The labyrinth at Sibley Volcanic Regional Preserve in Orinda, CA

ENGINEERING - A Building Practice



Stacked rocks, or cairns

https://en.wikipedia.org/wiki/Rock_balancing

Do you like to build when you have free time? Maybe building gives you a sense of calm and peace. Get yourself a bunch of rocks of all sizes (or maybe weird sized stuffies?) and try the following activity: Try to stack, one on top of the other, as high as you can go. Each one needs to be balanced just so, so that the next one is stable. This can also be done with a deck of cards (can you build a house or tower?) or even with the game Jenga!

SERVICE PROJECT - A Social Practice

Sometimes we feel the most at peace when we are with other people, working to make the world a better place. Get your family involved in social justice work or find a group and try out one of the following (repetitive movements really help a sense of peace): Put stamps on get-out-the-vote postcards. Be part of a justice protest and immerse yourself in marching and chanting.



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MEDIA

Books:

[Peace is Every Step](#) by Thich Nat Hanh (grown ups) , [Listening to My Body](#) by Gabi Garcia (8-12), [Cassidy's Present](#) (4 and up), [The Mindful Dragon](#) by Steven Herman (4 and up)

Music: [Peace Like a River](#), [Meditation on Breathing](#), Find a stillness, #1007 [There's a River Flowin' in My Soul](#)

REFLECTION: Which of our Seven Principles do you see in creating an inner peace?

Seven Principles for Kids

- *Respect the importance and value of each person.*
- *Offer fair and kind treatment to everyone.*
- *Yes to spiritual growth and learning together.*
- *Grow by exploring ideas and finding your own truth.*
- *Believe in your ideals and voice your vote.*
- *Insist on justice, freedom and peace for all.*
- *Value our responsibility in the web of life.*