

## Peacefulness: Getting Started

### ***Inspiring Words***

So long as the mother faileth to train her children, and start them on a proper way of life, the training which they receive later on will not take its full effect... Thus will these young plants in the garden of God's love grow and flourish under the warmth of the Sun of Truth, the gentle spring winds of Heaven, and their mother's guiding hand. Thus, in the Abha Paradise, will each become a tree, bearing his clustered fruit, and each one, in this new and wondrous season, out of the bounties of the spring, will become possessed of all beauty and grace.

(Abdu'l-Baha, Selections, p. 138)

### ***Printables***

Page 1: Spiritual Treasure Box Projects  
Page 2: Devotional  
Page 3: Booklet  
Page 4: Radiant Hearts Book Template  
Page 5: Monthly Letter Template  
Page 6: Daily Activity #7  
Page 7: Daily Activity #19

*See the "Printable" document for these pages.*

### ***Questions to Consider***

How do I currently model Peacefulness?

What are ways I would like to model Peacefulness better?

How does my child currently exhibit Peacefulness?

What aspects of showing Peacefulness can I help my child work on?

## Peacefulness: Foundation

### **Prayer**

O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.

(‘Abdu’l-Bahá, Baha’i Prayers, p. 150)

Peacefulness

### **Quotation**

It is incumbent upon all the peoples of the world to reconcile their differences, and, with perfect unity and peace, abide beneath the shadow of the Tree of His care and loving-kindness.

(Baha’u’llah, Gleanings from the Writings of Baha’u’llah, p. 6)

Peacefulness

### **Introduction to the Virtue**

Peacefulness is a sense of calm inside you. It is being quiet and still. Peacefulness is looking at a situation with patience and trusting it will turn out okay. When we practice peacefulness, we believe that love is more important than getting our own way or getting something we want. When we are peaceful, we help contribute to world peace.

What would peacefulness during prayer time look like?

How can you use peaceful language when you want someone to do something?

Can you think of a time when you felt very peaceful?

Peacefulness

### **Songs**

#### Peacefulness

(Nabil H., *Virtues In Us* #33)

Peace around the world.  
Peace around the world.  
Friendship, friendship.  
We all shake hands.

Peacefulness

#### I’ve Got Peace Like a River

(Traditional Hymn)

I’ve got peace like a river.  
I’ve got peace like a river.  
I’ve got peace like a river in my soul.  
x 2

*Other verses:*

I’ve got joy like a fountain.  
I’ve got love like the ocean

Peacefulness

## Peacefulness: Daily Activities

### *Activities for Every Month*

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box project (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

### *Games and Role Plays*

7. "Today we're going to play charades with peaceful creatures." Cut out the cards on Page 6 of the Printables and put them in a container. Take turns selecting a card and acting like the creature so the other players can guess what you chose. Use sounds or description words if necessary. <i>Peacefulness</i>
8. "Today we are going to try to hear the peaceful nature sounds outside our house." Lie down together outside. Be quiet and still, and whisper to each other when you hear a new sound such as birds or wind. Peacefulness is being quiet so you can notice what is around you, including how things affect your five senses (smell, touch, taste, sight, and hearing). <i>Peacefulness</i>
9. "Today we are going to make our house more peaceful to live in." Reducing clutter and having a clean space to live in contributes to a sense of peacefulness. We can pray, work, and play more easily in a place that feels beautiful and tidy. Choose a room to clean with your child. <i>Peacefulness</i>
10. "Today we are going to practice taking deep breaths." Taking deep breaths is a useful practice to help slow down, calm down, and/or concentrate. Show your child how to breathe deeply, then take turns taking deep breaths. Talk about times you can use deep breathing to stay peaceful. <i>Peacefulness</i>
11. "Today we're going to practice peaceful play." Playing peacefully means we do not hurt our things or each other. We handle things carefully and touch each other gently. Practice peaceful play while caring for dolls, working together to build a tower, or making a safe road for cars. <i>Peacefulness</i>
12. "Today we are going to practice observing a place and finding things we think are beautiful." When we are peaceful, we take time to notice lovely things around us. Sit quietly in a room in your house (or visit some place new such as a park or museum) and find three things that are beautiful. Being aware of beauty can help us maintain a sense of peace. <i>Peacefulness</i>
13. "Today we're going to practice peaceful negotiations." Did you know that when governments work out problems these are called "negotiations"? Find a problem such as a broken toy and negotiate how to get it fixed. <i>Peacefulness</i>

## Peacefulness: Daily Activities (continued)

### *Creative Arts*

<p>14. "Today we are going to make a poster of peaceful phrases we can use when we are upset." Sometimes when we are upset, it is easy to forget peacefulness. Write down three or four phrases you can use in your family, such as "I need some help with this," "I am having strong feelings right now and would like a hug," or "I would like you to speak softly please." Discuss the phrases with all family members so everyone can use them in order to practice peaceful language in your home. <span style="float: right;">Peacefulness</span></p>
<p>15. "Today we're going to draw a picture of a peaceful place." Talk to your child about what a peaceful place look like to them, such as being in bed or at the beach. Use paints or crayons to draw a place they can imagine whenever they want to be peaceful and help them practice going there in their imagination. This is a "peaceful place" your child can visit any time. <span style="float: right;">Peacefulness</span></p>
<p>16. "Today we're going to draw a picture of what it looks like to pray peacefully." Talk about attributes someone may show when they are praying peacefully, such as being still, showing reverence in the way they sit, using a prayerful voice, and closing their eyes. Draw this and practice saying a prayer like the person in the picture. (Or you can take a photo of your child and print it out to use as a guide at prayer time.) <span style="float: right;">Peacefulness</span></p>
<p>17. "Today we're going to practice the peace sign." Holding up your index and middle finger like a V (with the rest of your fingers down) is a symbol for peace. Practice making this sign together and use it to remind each other to use peaceful actions and peaceful voices in your home. <span style="float: right;">Peacefulness</span></p>
<p>18. "Today we're going to draw a picture of a peaceful community." There are many different types of people in the world and when we are peaceful, we care for everyone. Draw a picture of people from many backgrounds and talk about how we need to care for everyone regardless of what they look like, what color their skin is, or what language they speak. <span style="float: right;">Peacefulness</span></p>
<p>19. "Today we're going to make a sign about our peaceful family." Decorate the last page of the Printables with your child and hang it up as a guide for your family to practice peacefulness. <span style="float: right;">Peacefulness</span></p>

*Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:*

<http://www.enablemetogrow.com/peacefulness/>