

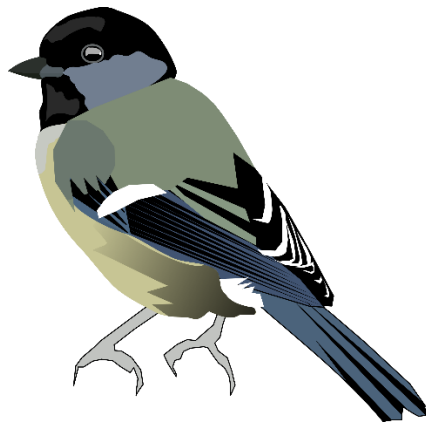
Peace Talk! *To commemorate Gwynedd's Peace Pole*

Theme: Feed the Birds Day on Feb. 3rd & Random Acts of Kindness Day on Feb. 17th

The purpose of these two holidays is to generously share with those in need. Both acts—being kind and feeding birds—have the potential to become positive lifelong habits. Each continues to give after you have done the action. For example, when you care for birds by feeding them, you attract them to your yard. You may choose to grow plants and trees that provide more food for them. The native species are better for the environment and can naturally provide what the birds need to eat. Birdseed from plants and trees lasts for more than one meal for more than one bird.

Questions to consider:

- What is it about performing kind actions that makes us feel a sense of peace?
- When we care for animals and birds, wild ones or pets, how does peace fit into it?
- All of us are cared for with food and kind actions. In what way do these actions bring us peace?



Activity #1

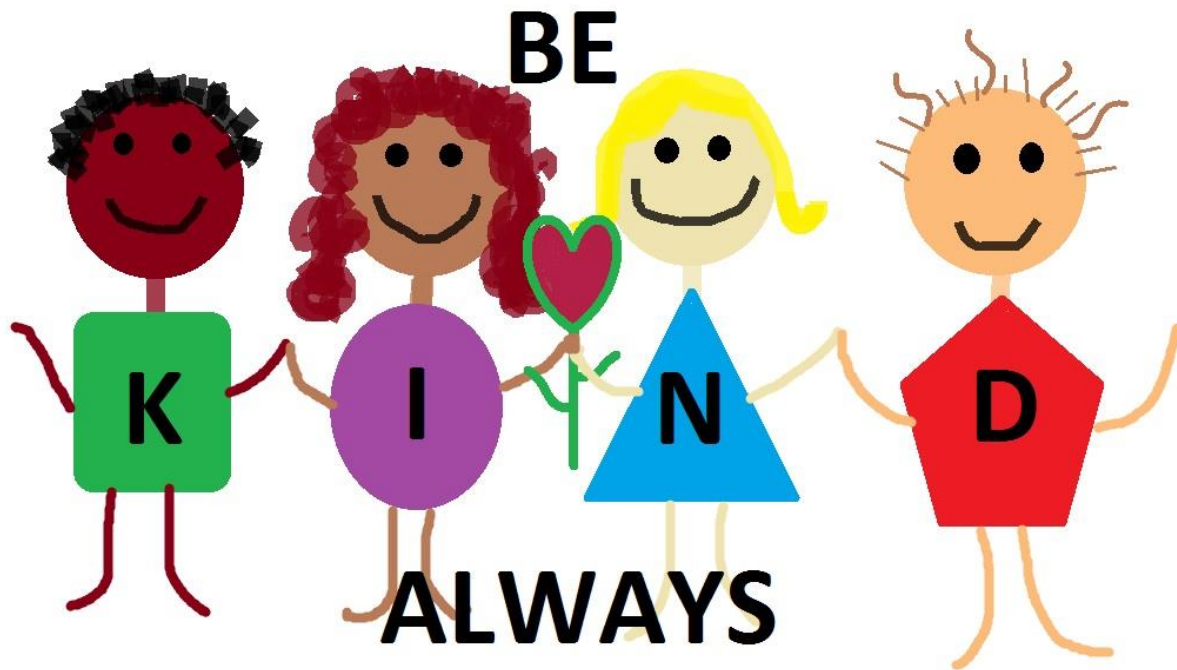
Listen to “Feed the Birds” from Mary Poppins

<https://www.youtube.com/watch?v=nuWsD7hrVhc>

<https://www.youtube.com/watch?v=AM0gDlOf9jU>

[tuppence means two cents, the price at the time of a small bag of birdseed]

Processing: Did you ever notice how some people in a park will routinely feed birds and ducks. What might make them want to take on this act of kindness?



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Activity #2

Write an acrostic poem using Be Kind in a vertical way. An example of this is on the right.

B	<u>B</u> elieve in your own goodness.
E	<u>E</u> veryone can share a smile.
K	<u>K</u> leenex helps with tears—offer one.
I	<u>I</u> nvite a new person to play.
N	<u>N</u> ice is something to work at.
D	<u>D</u> eliver on your promises.