

October Peace Talk!

Theme: Habits of Peace

Purpose: Once the International Day of Peace on September 21 is over, it can be difficult to maintain a peaceful mindset without a set of habits to assist us.

Activity #1: **Mindful Eating**

Eating with mindful attention can be challenging. Try for each person in the family to eat one attentive mouthful without any comment. It can be a surprising experience to discuss what you smell, notice, taste and feel in your mouth as you take a mindful bite, hold it in your mouth and swallow.

- What do you really taste once you stop thinking about the food's being either tasty or not? (those are just thoughts)
- Do you have a salty, sweet or bitter taste in your mouth? A mixture of all three?
- Does the food feel hard or soft in your mouth? Rough or smooth?
- What do you experience in your mouth? Can you feel your mouth watering? What is your tongue doing? What happens when you swallow?

With a new appreciation for the experience of eating, and slowing down, your body can better digest the food you have eaten and you can sense when you are full. This can create a sense of balance.



Activity #2: Creating Peaceful Situations

Fill in the blanks below...

1. I feel most peaceful in _____ (name a place, room, setting).
2. I feel very peaceful when I am with _____ (person, pet).
3. I create peacefulness for others when I _____ (an action of yours).
4. Others create peacefulness in me when _____ (an action of the others).

Share your responses with others you care about. When we hear each other's answers to these questions, we are more aware of our contribution and theirs to the peace in our lives.



Resources: Peace Week in Miss Fox's Class by Eileen Spinelli

Peaceful Piggy Yoga & Peaceful Piggy Meditation by Kerry Lee MacLean

Guardians of Being by Eckhart Tolle

Sitting Like a Frog: Mindfulness Exercises for Kids by Eline Snel