



Thought for the Day

PEACE

We often talk about wanting peace rather than war or fighting. There's a little saying: *'Peace does not mean to be in a place where there is no noise, trouble or hard work.'*

It means to be in the midst of those things and still be calm in your heart.'

Sometimes we can be in a busy classroom but still feel peaceful inside. Peace is when we feel calm in our minds and our bodies. Sometimes it's easier to feel peaceful when we are in a quiet and safe place, but we can be peaceful inside our minds all the time no matter where we are.

In the Bible there is a verse that says: *'Peace I leave with you, my peace I give you.'* As Christians at The Family Trust, we believe that God is a God of Peace. We believe we can ask Him to help us be peaceful and that He can help us feel calm on the inside no matter what might be going on around us.

Martin Luther King said: *'Peace is more precious than diamonds or silver or gold.'*
Do you think peace is precious?

Think

Take some time to think about this poem. What do you think peace is like?

If peace were a thing, what would you see?
If peace were a sound, what would it be?
If peace were a smell, would it smell like the sea?
What would it taste like, can you tell me?
If you could feel peace, would it feel free?
How do you find peace, with friends and family?



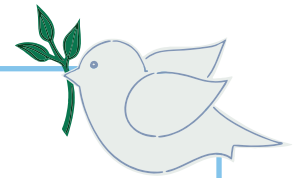
Listen

Listen to the sounds in the room that you're in. What peaceful sounds can you hear?
Write down some of the sounds you can hear:

Stand Up

Now stand up and, if you can, balance on one leg. Whilst you're balancing, try and stay really still and listen to those peaceful sounds you heard earlier.

Fact



Lots of different cultures use the dove as a symbol of peace. You might have seen it on statues or paintings. For Christians, in the story of Noah's ark, it was a dove that brought the olive branch to show that the flood was over.

Do

Sometimes when we have lots of things bouncing around in our head it can be hard to concentrate. Writing those thoughts down can help get them out of our heads. Write down all the thoughts you have in your head.

Does it feel better getting them out and onto paper?



Craft (page 1 of 2)

We're going to make a dove because it is a symbol of peace. For this craft, you will need a pair of scissors. Ask an adult to help you cut out the pieces.

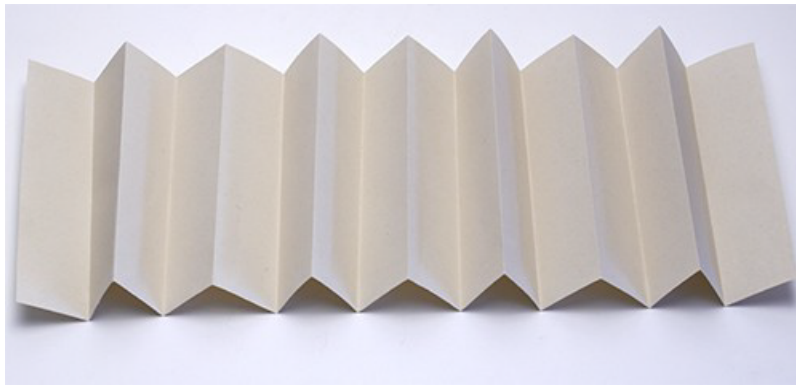
You will find the pieces you need to cut out on the next page.

Step 1

Cut out the bird and carefully, with the help of an adult, cut a slit in the side of the dove. This is where we will be adding some wings.

Step 2

Cut out the square and fold it in a concertina pattern, like the photo shows below:



Step 3

Push the concertina paper through the slit in the side of your dove. This will give your dove some wings. It will look a bit like this:



