

PARENT TAKE HOME
10-28-2018

For PRE-K -1st

- **Theme: Sanctuary**
- **Topic: Inner silence**
- **Principal #6: We work for fair and peaceful world**

- **DISCUSSION: When we are quiet we feel peaceful and calm. Today we spoke to the children about peace and about silence/quiet. Ask them questions about when they are by themselves playing and the peaceful feeling that they feel when that happens. Talk to them about sleeping and the quiet that happens during the night. Share with them that all living things grow in the quiet of the night.**

- **Finding Quiet Sanctuary**
First invite them to listen to the sounds around them for a few seconds.
What do they hear?
Next, listen even harder, now that we have practiced once. Do they hear any new sounds, as they pay attention?
Next, invite them to listen for their heart inside of them, can they hear or feel that in their chest, in their ears?
Finally, listen for the quiet inside of them. Then return.

- **Video story: Inner Peace - Kung Fu Panda**
<https://www.youtube.com/watch?v=8IAKfUD169U>

- **POSSIBLE FOLLOW UP ACTIVITY OPTIONS:**
Bubbles or playing with silk scarves