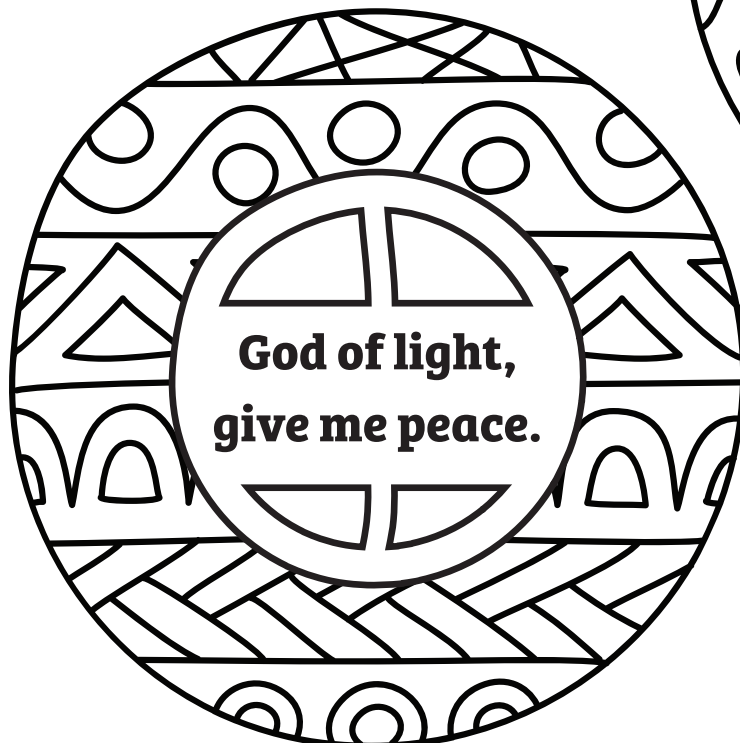


## ***Path to Peace Inside Extras*** **"Breathe and Pray" Buttons**

Invite children to create a reminder to stop, breathe, and pray during their day. Have them color then cut out the circles. Encourage them to place the circles anywhere around the house—on the fridge, their bedside table, a mirror, or near the door. Then, when passing by, they can take a moment to touch the button, breathe, and pray!



## ***Path to Peace Inside Extras***

### **5 Senses Noticing Prayer**

Bring a sense of calm to your morning or evening routine by taking a few moments to lead your family in a noticing prayer using the five senses. Encourage everyone to breathe in and out for a few moments before you begin to walk them through the process of silently identifying:



#### ***5 things you can see***

Tune in to what your eyes notice around you.

*(Pause 30 seconds.)*



#### ***4 things you can feel***

Tune in to your sense of touch and to the temperature, texture, and movement of things above, around, beside, and beneath you.

*(Pause 20 seconds.)*



#### ***3 things you can hear***

Tune in to the sounds of your environment, from loud to faint.

*(Pause 15 seconds.)*



#### ***2 things you can smell***

Tune in to scents that may be present.

*(Pause 10 seconds.)*



#### ***1 thing you can taste***

Take a sip of drink or a bite of food you might have with you, or simply pay attention to tastes present in your mouth or the air.

*(Pause 10 seconds.)*

Let each child name aloud one of the things they noticed then light a battery-operated LED after they do so. After each person lights their candle, the whole family says together, "**Jesus is with us.**"

# ***Path to Peace Inside Extras***

## **"Getting to Know You" Puzzles**

Copy and cut out the four large squares (not the individual shapes) so each person has one.

