Lesson 1 The Place Where Peace Begins

**Art Extender**

Provide your child with finger paints, markers or watercolors to make a colorful writing/painting of his or her name.
Lesson 2 Learning How to Stop & Think

Art Extender

Discuss with your child which colors may represent different feelings. For example, your child may choose yellow to represent “happy,” red to represent “angry,” and blue to represent “sad.” Ask your child to paint a picture of feelings using the color that represents how he or she is feeling. You may also do this activity with music, by having your child paint the feelings that the music brings out in them.
Lesson 3 Peacemakers Learn to Share

Language Arts Extender

Make a list of recent times when your child felt anger. Use a puppet (i.e., a paper bag or sock puppet will do) to describe the situation to your child pretending the situation happened to the puppet itself. Be sure to have the puppet describe the body signals the puppet felt as it became angry (e.g., red face, tight muscles, fists, racing heart, etc.). Have the puppet ask your child “What should I do next?” Help your child learn to “Stop” when they feel anger and then use a calming technique such as tell yourself, “calm down,” open your first, and count to ten.

Making Connections

With your child make a list of creative relaxation activities that can help a person calm down when they experience anger. The list can include things like blowing bubbles, watching the clouds, wrap up tightly in a blanket, snuggle a pet, coloring, walking barefoot in the grass, etc. Once the list is complete, ask your child to draw their favorite anger management technique.
Lesson 4 Peacemakers Learn to Take Turns

Physical Activity Extender

To facilitate game playing, teach your child a variety of ways to decide who goes first, such as drawing straws, picking a number, and flipping a coin.
Language Arts Extender

Play a listening game with your child. You will say three words. Two of them have similar sounds, the other one does not. Your child must decide which one doesn’t belong and why. For example, if the three words are, Cherry, Chicken, and Shark. Ask your child which word doesn’t belong and why? Examples of words are listed below. The word that doesn’t belong is underlined.

Rhymes:  Vowel Sounds:  Diagraphs:
Bat, Cat, Dog  Ant, Apple, Train  Think, Thanks, Chip
Boy, Pig, Wig  Egg, Octopus, Envelope  Whistle, Ship, Shore
Pan, Frog, Man  Animal, Island, Ice cream  Thursday, Chocolate, Chain

Music Extender

Play Freeze Dance with your child. This game requires your child to listen for the music to stop and then stop their body. This is a good way to work on impulse control as well. You can also have them freeze when they hear specific lyrics, instruments, or melodies.
Lesson 6 Picture the Peacemakers

Art Extender

Have your child trace their handprints on construction paper in a variety of colors. Help your child write one they can help at home on the palm of each handprint. Cut out the handprints and display them in an area where your child can see them.
Lesson 7 Celebrating a Peaceable Place

Music Extender

Teach your child to sing There Is Always Something You Can Do, by Sarah Pirtle. The words and the music are available online at www.sarahpirtle.com