

**[1] Before We Start...**

One way to be in a state of peace is to be thankful.

**[2] Definitions:**

be in a state of ~

conflicts

gratitude

upset

channel

be of service

humanity

concentrate

mistrust

worthwhile

turn back the clock

move on

genuinely

enable

with what is

**[3] Watch the presentation****[4] Read the text**

## PEACE

The secret to being in a state of peace? It's to be thankful. Peace is felt when there are no battles or conflicts. When you're feeling gratitude, what would usually make you upset or fight will disappear.

When you're feeling peaceful, you can channel all your energy on being productive and successful. When in peace, you can get creative and focus your power towards being a shining light in the darkness. You can be of service to humanity.

Only when you're experiencing peace can you fully see and concentrate on the abundance that is all around you. Irritation, judgment, worry, mistrust and other negativity wastes precious time. Bask in peace instead of spending effort and time on what is not worthwhile.

What has happened has already happened and you can't turn back the clock. Whatever is in your world right now is here for you to fully experience it. Live it and then move on. With all that you have, try to be genuinely thankful for what happens or doesn't happen because it is that feeling of thankfulness that will bring you a strong sense of peace.

Sure, not everything that comes to you is nice. Things are often troubling, badly timed, and even traumatic. Still, be thankful because that is what will comfort you and enable you to move on.

Be at peace with what is, and have gratitude. When you can do that, then you're in control of your life. You'll have the power of peace.

**Think about:** Are you feeling peace? Are you feeling gratitude?

**[5] Circle the mistaken word:**

- Peace is felt when there are lots of battles and conflicts.
- When in peace you can get creative and stop focusing your power towards being a shining light in the darkness.
- What has happened has already happened and you can turn back the clock.
- Whatever is in your world right now is here for you to fully experience it, live it, then stop for a while.
- When you don't have gratitude, you're in control of your life. .

**[6] Finish the phrases:**

a state of \_\_\_\_\_  
 channel all your \_\_\_\_\_  
 a shining light in the \_\_\_\_\_  
 be of service to \_\_\_\_\_  
 live it and then move \_\_\_\_\_  
 be genuinely \_\_\_\_\_  
 be at peace with what \_\_\_\_\_

*HINTS: darkness humanity energy peace is on thankful*

**[7] Listen and fill in the blanks:**

The \_\_\_\_\_ to being in a state of peace? It's to be \_\_\_\_\_.

Peace is \_\_\_\_\_ when there are no \_\_\_\_\_ or conflicts. When you're \_\_\_\_\_, what would usually make you \_\_\_\_\_ or fight will \_\_\_\_\_.

**TODAY'S ASSIGNMENT**

**In pairs or in a small group, answer or do the following:**

1. When people are feeling gratitude, what would usually make them upset or fight will disappear. Why?

2. How can somebody be a shining light in the darkness? Write two examples.

3. Write at least 10 sentences about things you are grateful for. Try not to be superficial--think of things that come from your soul and write good sentences! (Use the back of this paper if you need more space.)

**STUDENT NAMES & CLASS NUMBERS:**