



READ YOUR WORLD



Themes

- mindfulness
- inner peace
- mind/body connection
- meditation
- social-emotional learning

Cross-Curricular Connections

Literacy

making connections
simile
metaphor
describing
comparing

Science

5 senses

Health

meditation
breathing exercises

I Am Peace A Book of Mindfulness

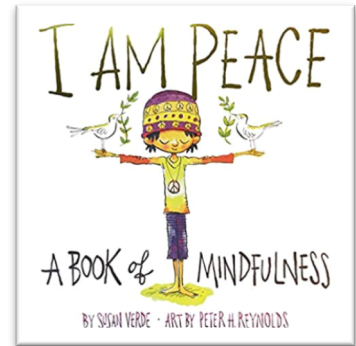
I Am Peace: A Book of Mindfulness by Susan Verde introduces a simple yet beautiful way to talk about inner peace. The lovely watercolor illustrations by Peter H. Reynolds are calming and engaging.

Being in the present moment, stopping to take a pause, and breathing to calm one's worry are strategies that kids can use to be mindful and at peace.

Every page of this book teaches children what it looks like and feels like to be a peaceful human.

People who can learn to let worry and fear go, who are in tune with themselves, and can share their peace with others make our world a better place for everyone.

Need a peaceful read aloud? This is the one!



Activities

Guided Meditation

Engage students in a mindful meditation exercise using the activity at the end of the story.

"Close your eyes and gently place your hands on your belly..."

Figurative Language

Identify and discuss the use of *simile* and *metaphor* in the text.
"The thoughts in my head are like rushing water and I feel like a boat with no anchor...being carried away."

"I can watch my worries gently pop and disappear."

Have students write their own simile or metaphor to describe peace.

Compare Susan Verde Books

Read *I am Human: A Book of Empathy* or *I am Love: A Book of Compassion*.

What's similar? What's different?

Use a Venn diagram to organize and record student thinking.

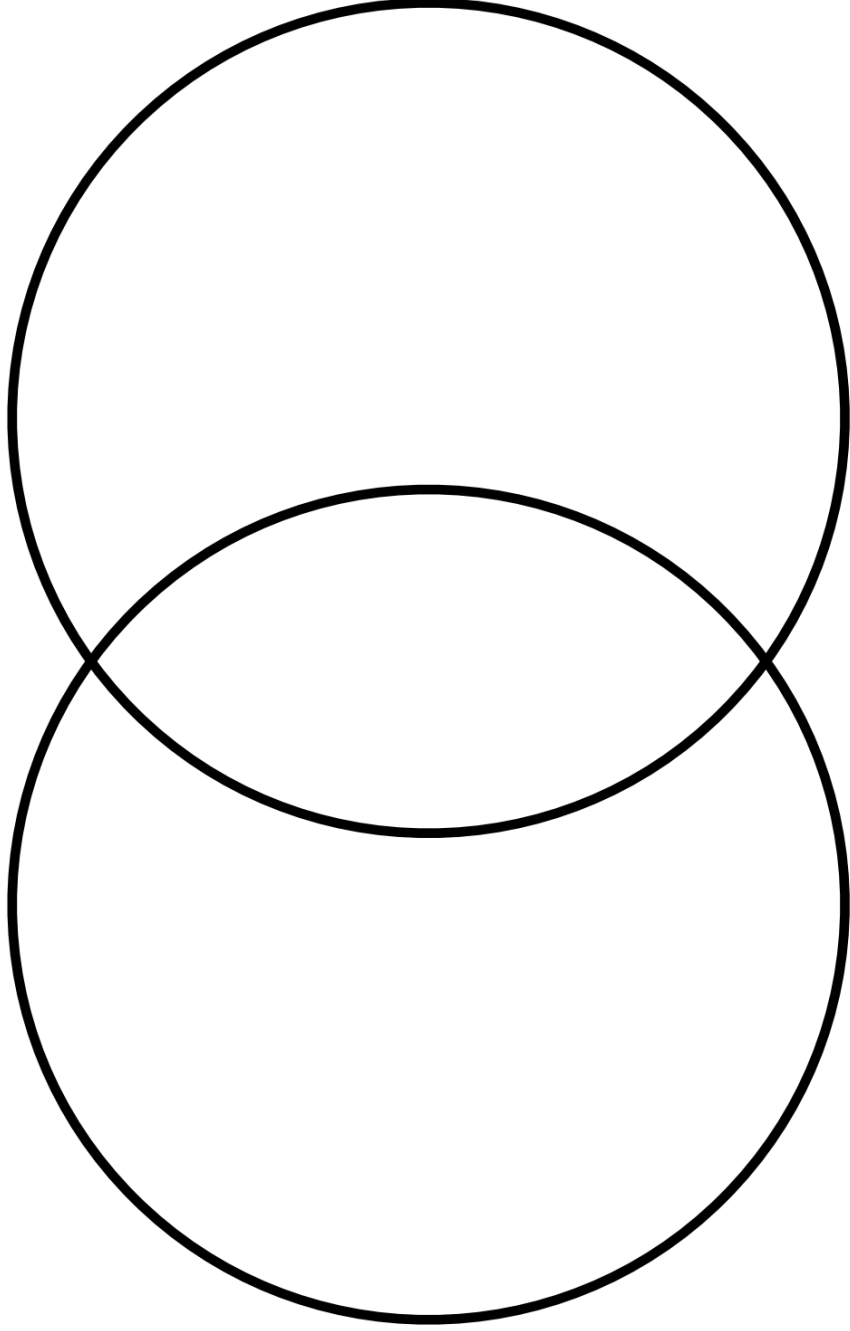
[Blog Post: Teach Peace: Books & Activities for Kids](https://www.globetrottingkids.com/teach-peace-books-activities-for-kids/)

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