Storytime Activity Guide

Peace
by Baptiste and Miranda Paul

We all have the choice no matter how small we are to demonstrate peace to ourselves, others and the world around us. This vibrant book brings together children of diverse backgrounds and abilities to remind us that we all play a role in creating peace on the planet we share.

Did you know?
Getting along with others, recognizing feelings, and expressing them appropriately is all part of social-emotional understanding. Help your child practice by looking at the character's faces in Peace and talk about how what the character says or does helps us know how they feel.

Talk about it!
- Peace with ourselves - Ask your child what makes them feel better when they are sad or mad. Talk about what are other ways to feel calm and secure when they are upset or scared.
- Peace with others - Talk about how we can show peace to people we don't even know by saying hello, smiling or just being kind. Remind them that it is okay to get mad but it is not okay to be mean.
- Peace with the world around us - Talk about how we can be kind to all living things including animals and plants. What do they need from us to be healthy and happy? Also talk about how recycling and not littering are things we can do to take care of planet earth.

Play: (activity with no materials)
Sit with your child (or lie down) and have both of you put your hands on your stomach. Practice taking a deep breath and then blowing it out. Ask your child if they can feel their stomach go in and out or up and down as they take a deep breath and blow it out. Repeat this 2-3 more times then explain to your child that doing this can calm them down when they are upset about something. It can provide them with peace during a stressful time and help them make better choices.

Find More Online
Scan this QR code to find book recommendations, online activity guides, and other fun resources.

Scan this QR code with your phone’s camera to see our Read Aloud of this book!
Create a “Peace Corner” in your home for your child to use to help them calm down when they are upset, feel overwhelmed, or want quiet time.

Find an area that is typically quiet and add a soft rug and pillows or a bean bag chair. Then, assist your child with decorating their new area with some of their favorite things - books, stuffed animals, blankets or quiet toys.

**Materials needed:**
- pillows, blankets
- books
- favorite stuffed animals
- quiet toys