**HANDOUT: DISCUSSION AND REFLECTION FOR PARENTS**

**Virtue: PEACEFULNESS**

**What is patience?**

Peacefulness is an inner sense of calm. It comes especially in quiet moments of reflection or gratitude. It is getting very quiet and looking at things so you can understand them. Peacefulness is a way of approaching conflict with others so that no one is made wrong. It is being fair to others and yourself. Peace is giving up the love of power for the power of love. With peacefulness, everyone wins.

**Why practice it?**

Practicing peacefulness helps to create a clam mind free from worry. When you are peaceful, you respect others and their differences. People around you feel calm and safe. Without peace, no one is safe. People get hurt. Fighting doesn't solve problems, and no one ever really wins a war. With peacefulness, any problem can be solved. Peace in the world begins with peace in your heart.

**How do you practice it?**

To find inner peace, become very still and think peaceful thoughts. Observe and think about your feelings, like anger, instead of acting with anger. To be a peace-maker, use peaceful language instead of name-calling, yelling or gossiping. Avoid aggressive or violent actions. Talk things out and listen to the other person too. Then look for a peaceful solution. Peacemakers find there are lots of creative ways to solve any problem. Violence never solves anything.

**Signs of Success**

You are practicing peacefulness when you…

* Create inner peace with a regular time to pray, meditate or reflect
* Use peaceful language even when you are angry
* Speak gently and respectfully
* Avoid harming anyone
* Appreciate differences
* Find peaceful solutions to every problem

**Affirmation**

I am peaceful. I use peaceful language and find peaceful solutions

to any problem that arises.

I find my inner peace and let it carry me gently through the day*.*

**Virtues Reflection Questions**

* What can people like you and me do to create peace in the world?
* What gives you a sense of peace?
* When do you find yourself feeling most angry?
* How can you handle your anger peacefully?
* How can you become peaceful when you are worried?

**Quotable Quotes**

*"Contention does not profit a people."*

- Brigham Young

*"Conflict, when it is not resolved with violence, spurs growth and keeps life interesting"*

- Starhawk

*"Have calm thoughts. Picture calm scenes. Recall calm sounds. And guess what you'll be feeling...."*

- Paul Wilson

*"Everything that irritates us about others can lead us to an understanding of ourselves."*

- Carl Jung

*"Peace is more important than all justice: and peace was not made for the sake of justice, but justice for the sake of peace."*

- Martin Luther

*"We should have more peace if we would not busy ourselves with the sayings and doings of others."*

- Thomas a'Kempis

From The Virtues Project Educator’s Guide, by Linda Kavelin Popov