

The Peace Table*

THOUGHTS CREATE!
THINK 'PEACE' AND MAKE
PEACE HAPPEN!

How do bad feelings make you feel? Sometimes they get so strong that we feel like shouting at someone, or fighting with someone. But when we get angry we feel even worse. Anger eats up all of our good energy! It can ruin friendships too because making peace later is not always easy to do!



Heart to heart

When this happens try making a peace table! Two chairs is all that you need, so the table doesn't need to be big. Put the table in a place far away from noise. Make a special centerpiece that reminds you of peace, and a flower to use for peace making too!



When you want to make peace with someone go to that person holding your peace flower in your hands and say: "Please come to the Peace Table"! After you have taken your seats whoever made the invitation starts talking. Take turns to open up and share your feelings, and remember that whoever talks should be holding the peace flower.

Peace can be realized only
through the practice of
human values!

If you let your heart speak for you it will be easier to explain how you feel. Tell your friend what hurt your feelings or what made you angry or made you behave badly. Let your feelings out so that the other person can understand you. By listening to you they will understand their own behaviour as well! If you listen to your partner carefully you will discover lots of things you didn't know about too, even about yourself! Pass the flower back and forth as you learn more about each other. When you both feel that good feelings have replaced the bad ones, give each other a hug!