










Peace practices **for the week.**

A simple guide to help you feel calm each day.

-  **Monday- Morning Reset**
Take one minute to breathe slowly. Breathe in for four seconds. Hold for two seconds. Breathe out for six seconds. Do this three times. This helps your body feel safe and steady.
-  **Tuesday- Tech Timeout**
Pick one hour today with no phone, TV, or computer. Use this time to stretch, read, or sit in a quiet place. Let your mind rest and slow down.
-  **Wednesday- Midweek Movement**
Take a 10-minute walk. Pay attention to your steps and your breath. Moving your body helps release stress.
-  **Thursday- Gratitude Check-In**
Think of one good thing that happened this week. It can be small, like a smile, a warm drink, or a kind word. Noticing good things can help you feel lighter.
-  **Friday- Body Scan Break**
Sit still for two minutes. Relax your jaw. Drop your shoulders. Unclench your hands. Let your body soften and let go of tightness.
-  **Saturday- Joy Moment**
Do one thing that makes you happy for at least 10 minutes. Listen to music, take a walk, enjoy a hobby, or rest. Joy helps your mind and body feel stronger.
-  **Sunday- Set Your Intention**
Choose one word for the week ahead. Try words like calm, steady, gentle, patient, or hopeful. Let this word guide how you move through your days.

