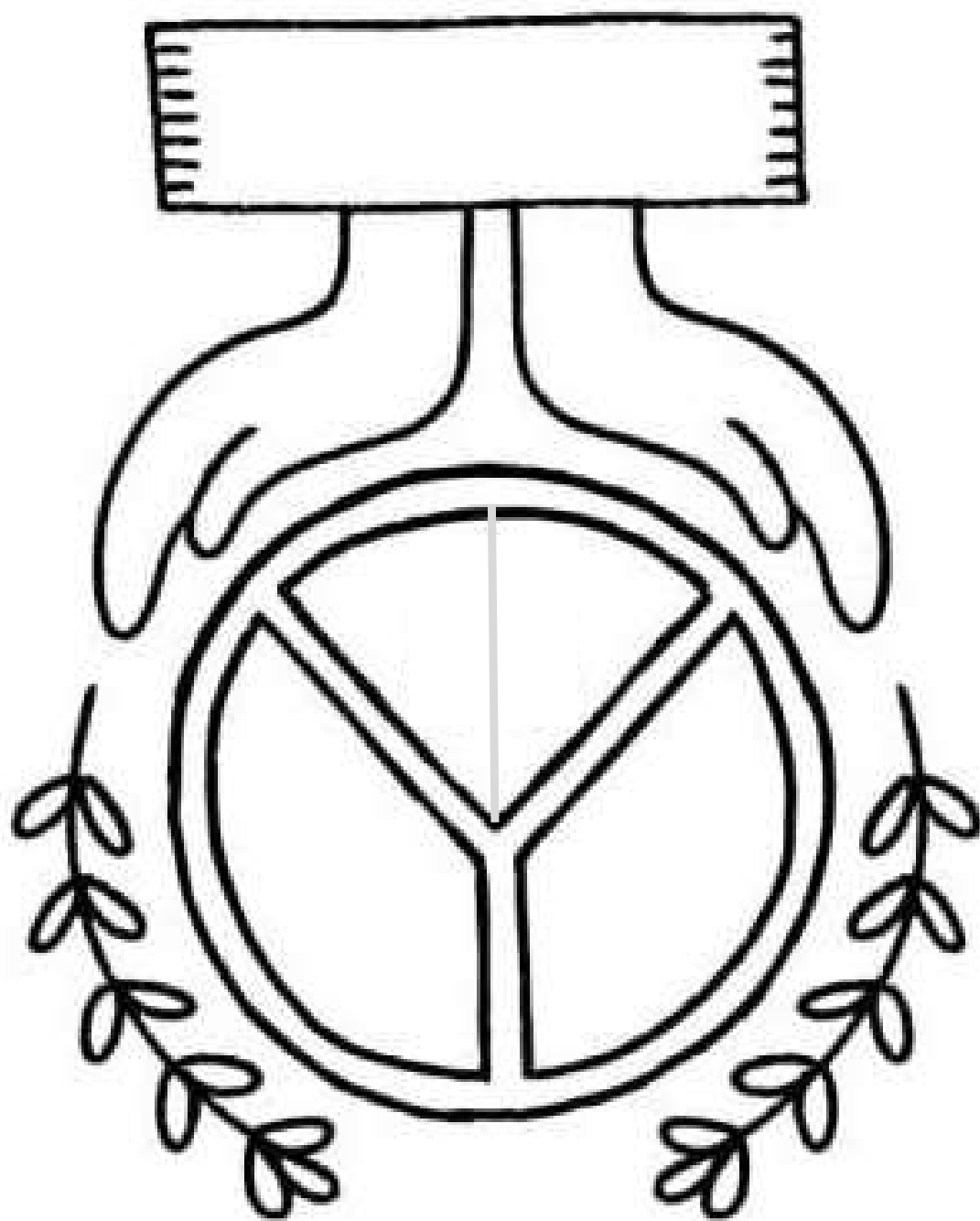






This month our Fita Focus is Peace. What does “peace” mean to you?

On the worksheet, write your name in the rectangle beneath the hands.

In each of the three spaces between the peace symbol, write or draw about each the following:

1. What does peace feel like in your body and mind?
2. What is a place, person, or activity that brings you peace?
3. Is there anything that doesn't bring you peace? How can you let it go or work through it?

Finally, color the picture in your favorite peaceful colors!