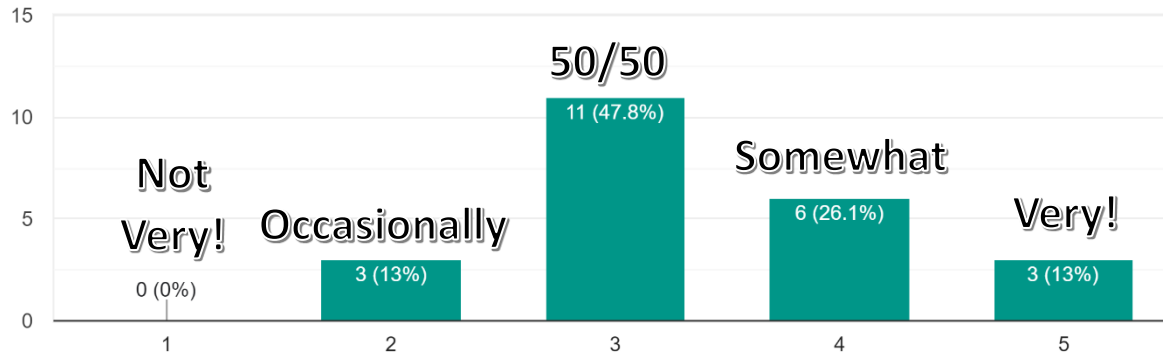


# ISP Peace Survey Results 10/01/23

Are your mornings peaceful?

23 responses



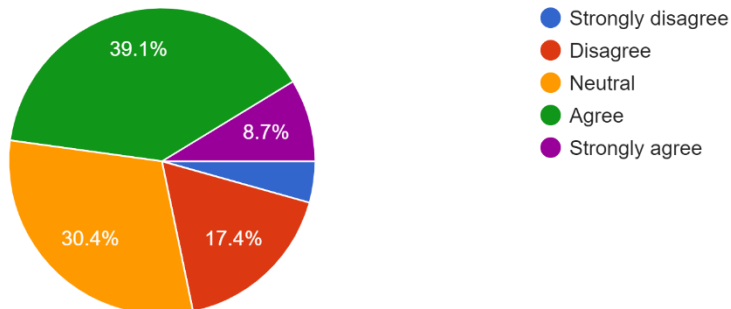
Does your family schedule dinner time together around a table?

23 responses



Peace is something we think about and talk about every day

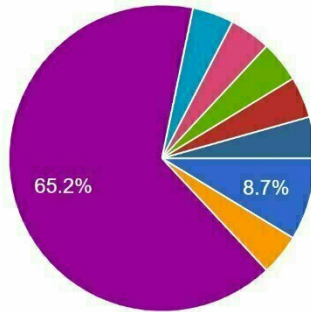
23 responses



# ISP Peace Survey Results 10/01/23

The word I would use to describe my family is:

23 responses



- 15 Families chose "awesome" (65.2%)
- 1 Family chose "small" (4.3%)
- 1 Family chose "tired" (4.3%)
- 1 Family chose "connected & loving" (4.3%)
- 1 Family chose "engaged & connected" (4.3%)
- 1 Family chose "dedicated" (4.3%)
- 2 Families chose "peaceful" (8.7%)
- 1 Family chose "productive" (4.3%)

## Some Techniques ISP families use to bring greater peace to their families:

Meditation and deep breathing exercises
Active listening. Listening to hear, not to reply.
Hugging and dancing
Sit quietly. Take big deep breath breaths. Calm our bodies down. Reset our minds.
Listening, taking turns, religion, lots of love.
Communication, apologizing, giving affection and praise
Doing calming things such as reading.
Remembering and taking time to breathe. When things are feeling overwhelming, let's stop and take a deep breath in, then a deep breath out.
Gentle parenting
Laughter/silliness, active listening, movement resets such as walls, swinging, or dancing. Playing music (piano guys and 2 cellos), reading peace centered books, direct teaching social emotional and social justice/equality topics
Reflection of kind and loving behaviors. Apologizing when we make a mistake.
Daytime naps, calendar, other organizational tools
Gentle parenting
The children and I take a 15-20 minute walk each morning and look for bird nests.
Connection, open mind questions and conversation, keeping an open heart. Going out in nature. It's the best cure.
We try to make sure everyone has their own space to be alone when they need it.
Yoga
If we have a conflict with another person in the family, let them know how we are feeling. Sometimes we tell them we need some space before we know what we are feeling and can tell them. We have a flipchart with different emotions that can help us find the ways we are feeling. After we say what we are feeling, we may have a request of the person we have the conflict with. "I feel sad. I'm asking you not to laugh at me. It hurts my feelings."
Open all the windows, make the beds, tidy up, light candles and incense at the four directions of the home and set an intention.
Outdoor time, quiet play, cuddles, listening, simplify

# ISP Peace Survey Results 10/01/23

Talk Nicely and respect everyone!

I make an effort to wake up before my children to meditate and prep. I play relaxation music every morning, Calm down corners, workout disagreements by communicating emotions, go on nature walks, spending time with family, reading, learning though play. Practice sharing by setting the timer and we attempt to stick to routines.ur