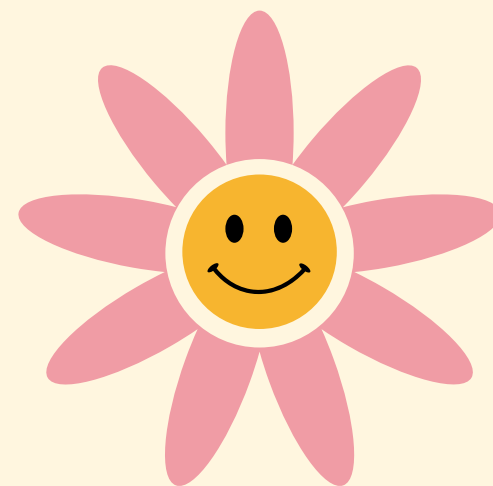
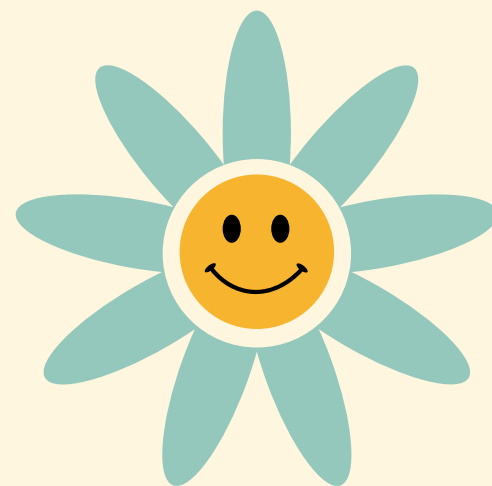


**THE DRUZE & CIRCASSIAN SECTOR**

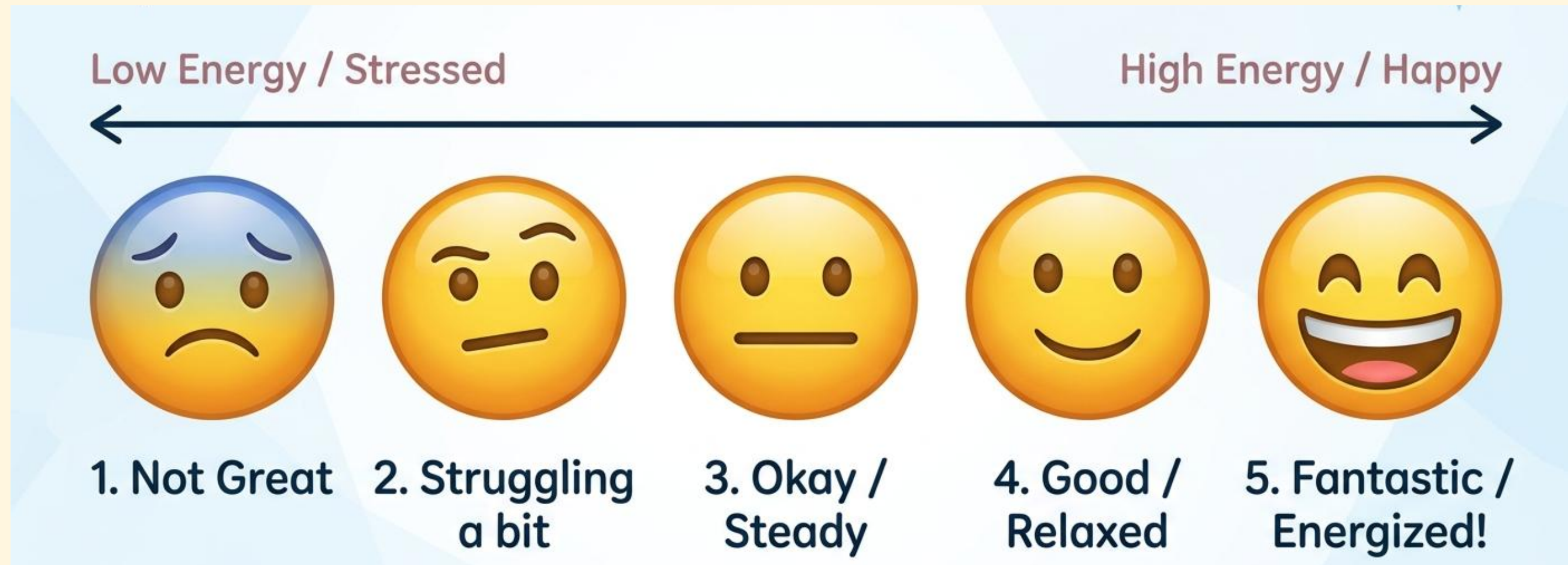
# **ONE MINUTE OF PEACE**

**UNIT PLANNER-INNER PEACE**



# LESSON 1

HOW DO YOU FEEL TODAY?  
SHARE YOUR ANSWERS WITH THE CLASS.



# LET'S THINK



- What makes you feel calm?
- Where do you like to sit when you want to relax?
- Who do you talk to when you feel sad?
- What do you think of when you hear the word “peace”?

# NEW WORDS

1



**a quiet moment**

2



**a comfortable place**

3



**breathe in**

4



**breathe out**

5



**peace**

6



**fear**

7



**a small prayer**

8



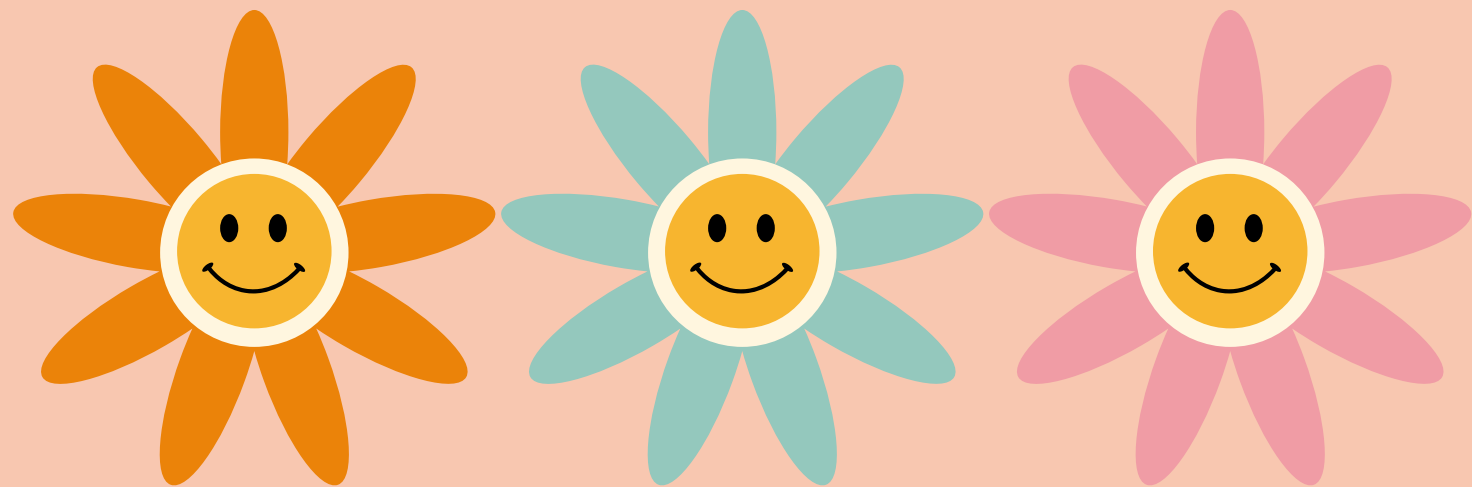
**I'm loved**

# VOCABULARY PRACTICE

1

**Matching game**

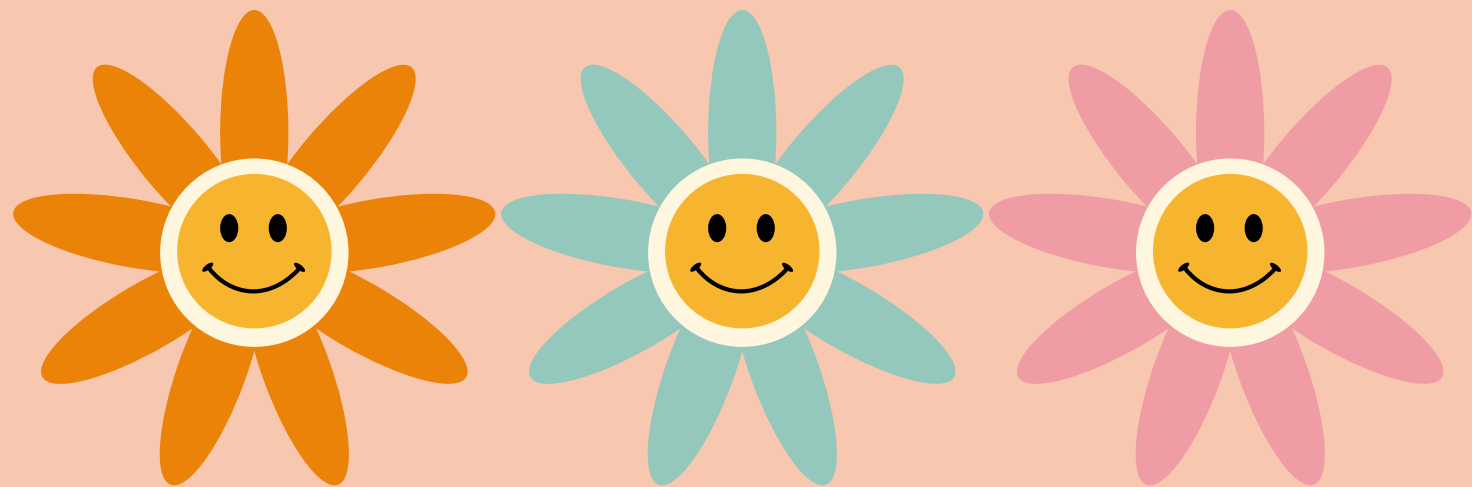
You can create an engaging matching game where students pair pictures with the correct written form of new vocabulary items, using the list from the previous slide.



# VOCABULARY PRACTICE

2

Vocabulary practice



# VOCABULARY PRACTICE

3

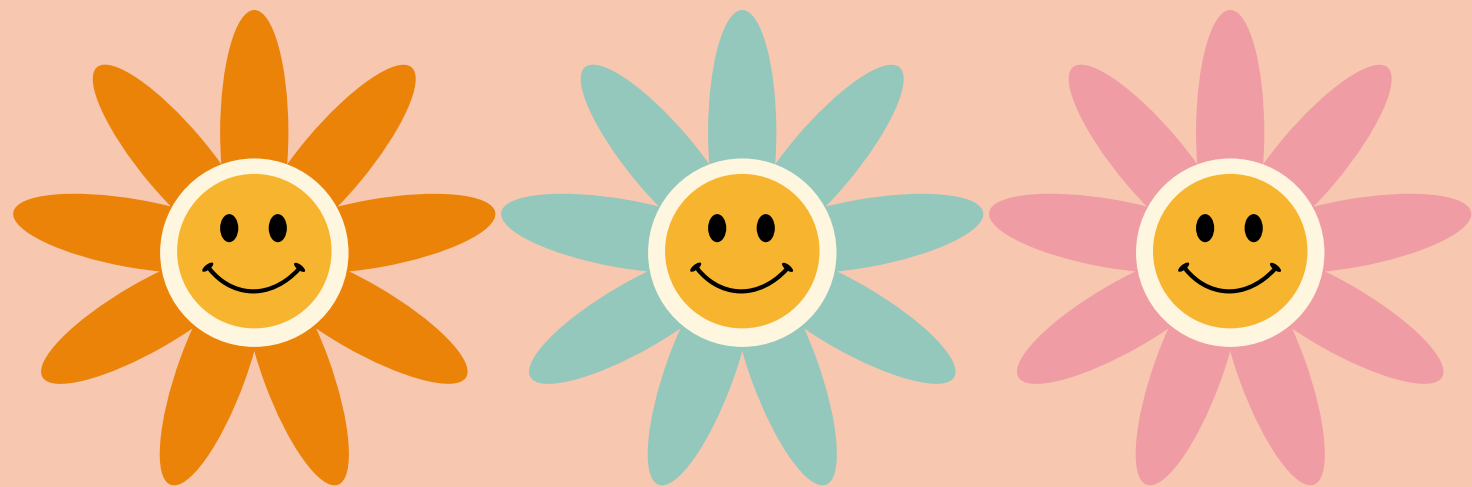
## Sharing ideas

**Ask your students:**

**What makes you feel calm and safe.**

**You can add pictures or write about the things that can make you feel calm and safe.**

**Ask them to upload it to a platform of your choice.**



## 2nd lesson

# LET'S REVIEW

a quiet moment  
a comfortable place  
breathe in  
breathe out  
peace  
fear  
a small prayer  
I'm loved  
God keeps me safe

# LISTENING ACTIVITY



Look at the pictures.

Can you guess what the video is about?

# LISTENING ACTIVITY

**WATCH THE  
VIDEO**



**1**

**LET'S CHECK PREDICTIONS**

# LISTENING ACTIVITY

**WATCH THE  
VIDEO**



2

WHILE LISTENING ACTIVITY- TRUE\FALSE

Sentence	True	False
1. You need a comfy place to feel calm.		
2. You must close your eyes to achieve a calm state.		
3. When attempting to calm down, you should breathe in slowly.		
4. People breathe in fear.		
5. Prayer does not help you feel safe.		

# LISTENING ACTIVITY

**WATCH THE  
VIDEO**



3

**COMPLETE THE SENTENCE-  
“I AM...”**

## 3rd lesson

# LET'S RELAX



**sit on a chair**



**close your eyes**



**breathe in / out**

# LET'S REVIEW

WATCH THE  
VIDEO AGAIN



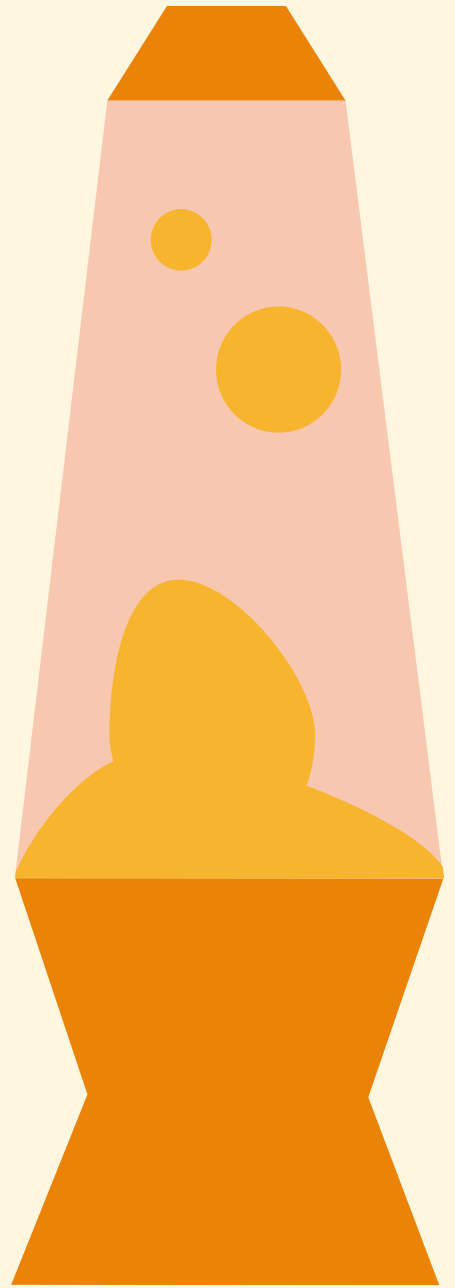
ANSWER THE  
QUESTIONS

1. Where should you sit to feel calm?
2. What do we ask God to bring to our country?
3. Should people be kind to each other?
4. Do the children have peace in their hearts after prayer?
5. Does the child feel alone at the end of the video?



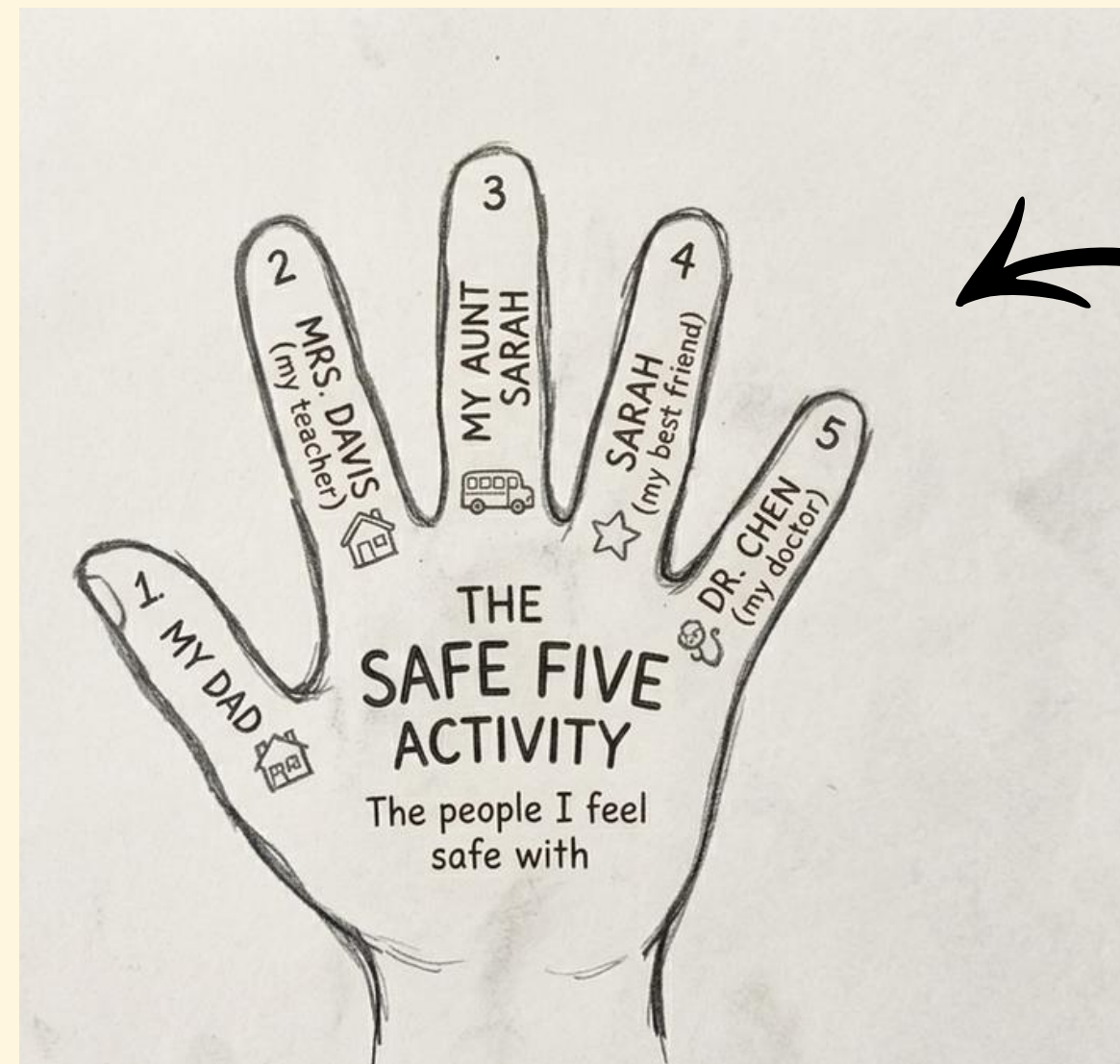
# LET'S REVIEW

SHARE A PRAYER OF  
YOUR OWN WITH THE  
CLASS



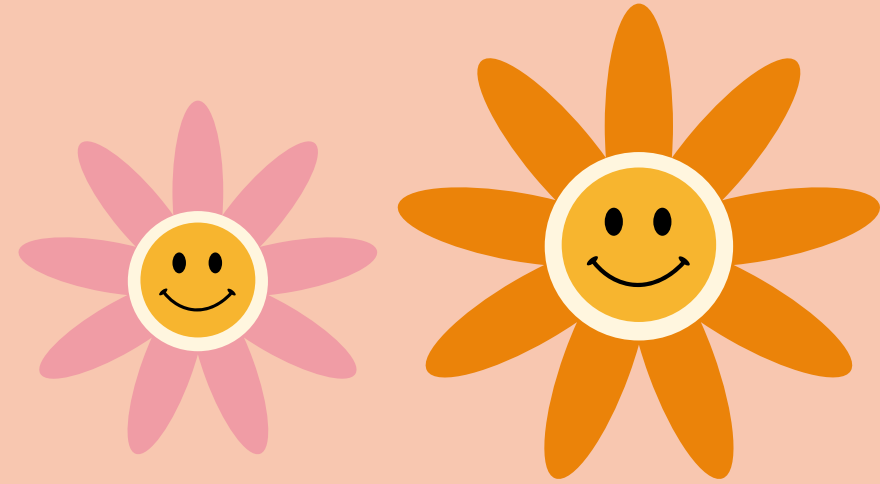
# MY SAFE 5

1. Draw a hand on a piece of paper.
2. Write the names of your "Safe Five."
3. Take a picture of your work and share it.

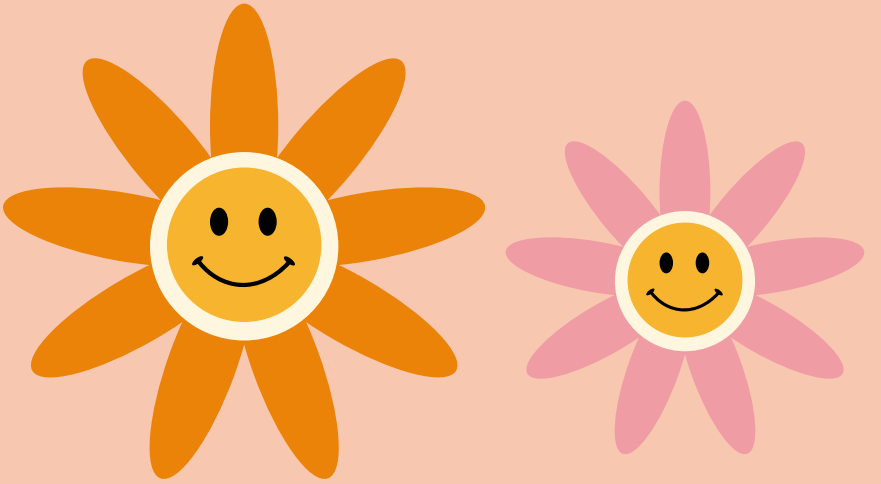


AN EXAMPLE

## 4th lesson



# GROUP WORK



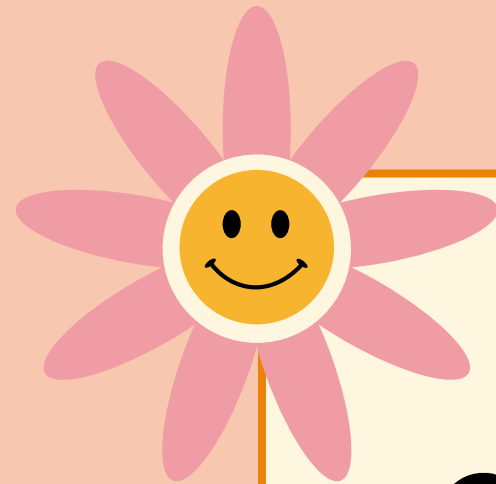
## Creating a Poster: Tips to Feel Peaceful and Calm

**GO TO BREAKOUT  
ROOMS**

**1**

**Create a poster that gives  
other tips on how to feel  
peaceful and calm,  
and write a prayer for  
peace at the end.**

**2**

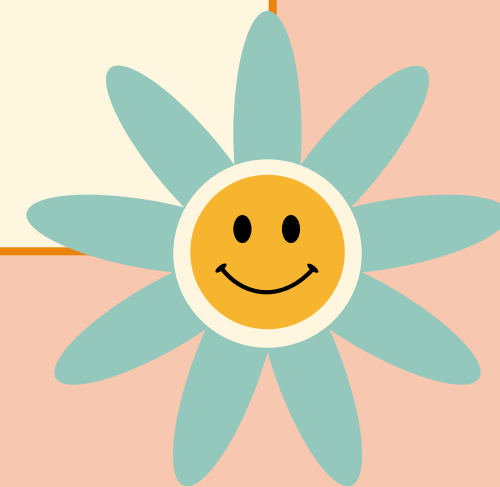


# GROUP PRESENTATIONS

Be a great listener!

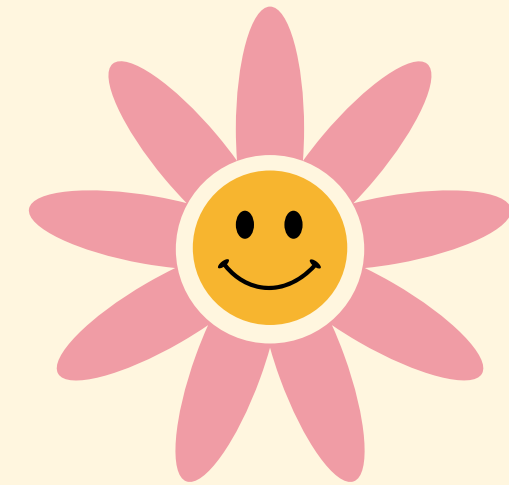
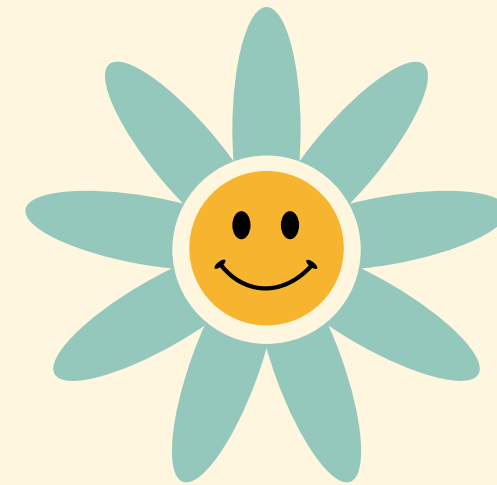
Listen to each group carefully and complete the  
checklist on the next slide.

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## **Checklist for Group Presentation**

- Used new words.**
- Used capital letters correctly.**
- Used correct grammar and spelling.**
- Shared at least 3 tips.**
- Shared a prayer.**
- Used pictures and colors.**



**THANK YOU!**

