



What Makes for Peace?

- Sleep
- Dreams
- Rest
- Relaxation
- Tranquillity

Ask students to consider what makes for peace? What things make them feel peaceful and calm?

At night before they go to sleep, do they ever think of the homeless, those who don't have anywhere warm or safe to sleep? Get them to draw a pillow outline and to write an evening prayer that they could say at night.

These could be made into a class book of evening prayers.