

If possible, live in peace with everyone. Do that as much as you can.

Romans 12:18, (NIRV)

**Adults:** It can be hard to find peace when you're mad or frustrated! Here are some simple things your child can do to help them calm down and [Bottom Line] **make peace whenever you can.**



Four Corner Breathing:  
Draw a cube on your leg as you breathe in (side 1), breathe out (side 2), breathe in (side 3), and breathe out (side 4). Repeat if you need to!



Take a BIG drink of water.



Ask someone for a hug.



Breathe in slowly as you clench your fists. Hold for 3 seconds. Then breathe out as you unclench your fists



Sing your favorite KidCity worship song.



Ask someone to pray for you to have peace.



Walk around your space three times while saying Romans 12:18.



Ask parents to help you look up Bible verses about peace.

