

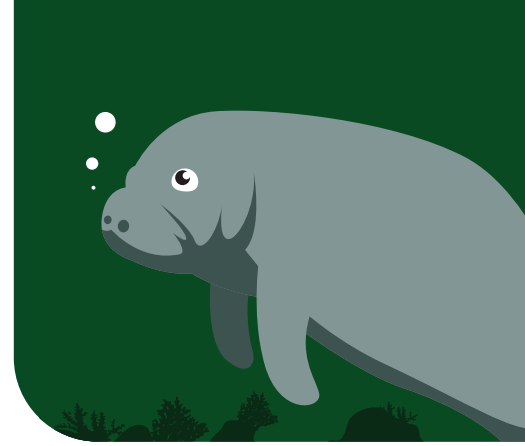
# PEACE

Proving you care more about each other  
than winning an argument

## HOW YOU CAN SHOW PEACE:

- If you have an argument or disagreement with a friend, learn to use the phrase, "You may be right!" instead of arguing with them.
- If you feel yourself becoming angry or frustrated, stop, sit quietly, and take long deep breaths.
- Designate a time of day for quietness. Draw, write, or put together a jigsaw puzzle during this quiet time.

## Peace MARCH 2024



### SAY IT:

Repeat the definition 5 times as you do jumping jacks.

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### KNOW IT:

#### ASK A GROWN-UP:

- Have you ever had a meaningless argument with someone? How did it make you and the other person feel? What could have been a better way to deal with it?

#### ASK A KID:

- Have you had any arguments with your friends or family recently? Was there a way to solve the problem without it becoming an argument?

### SEE IT:

In Stephen Covey's book *The 7 Habits of Highly Effective People*, he highlights one of the major causes of arguments- poor listening skills. So many arguments are caused when we fail to practice the habit of "Seek First to Understand, Then to Be Understood." If we truly want to have more peace in our relationships, we will listen to others and try to truly understand what they are saying and how they feel before we try to get our point across. Usually, if we take time to listen and understand, we will find out that the people we are arguing with are more important than the argument. This is a movie clip that demonstrates how better listening skills can eliminate arguing and lead to more peace in our relationships: <https://www.youtube.com/watch?v=2ZksQd2fC6Y>

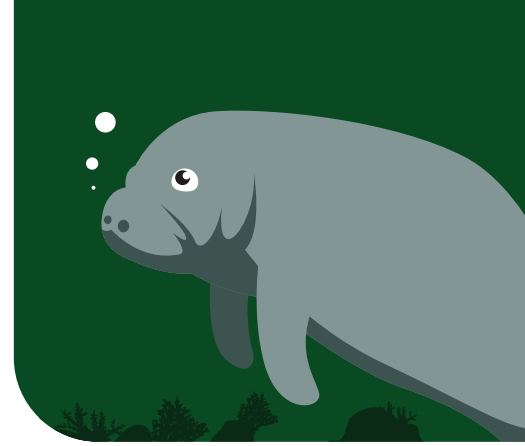
### BE IT:

Think of a recent argument you have had with a friend or family member. Can you think of some practical ways you could talk to that person again to let them know you care more about them than the argument? Maybe you could practice being a better listener. Look for examples on TV, movies, or even with your friends/coworkers, where better listening skills could lead to less arguing and more peace.

# PHASE

Peace

MARCH 2024



## It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

**So don't miss it.** It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.

# march 2024

PEACE // MANATEE // BOTTLE GREEN

**Gentle giants of coastal waters**, manatees have long fascinated humans. Long ago, sailors mistook them for mermaids! Closely related to elephants, these slow-moving animals are the world's only vegetarian marine mammals.

Manatees and their Dugong cousins live in warm oceans and rivers on the west coast of Africa, in the Amazon River, on the eastern coasts of the United States and Central America, and along the northern coast of South America.

Those in the United States, the Caribbean, and Central and South America are known as West Indian Manatees. Sightings of them have increased in Gulf Coast states, and they migrate as far north as Virginia.

The state best known for manatees is Florida. Floridians must be careful when boating because manatees are often injured by propellers. Divers and swimmers should give them plenty of space.

Adult manatees are about 10 feet long and weigh 800 – 1200 pounds, sometimes much more. A manatee might eat up to a quarter of its weight in vegetation each day. Though it can briefly move at 20 miles an hour, a manatee usually cruises along at three to five miles per hour. Manatees surface to breathe every three to five minutes, but they can stay underwater 15 to 20 minutes when resting.

A manatee has whiskers – about 2,000 of them on the very sensitive oral disk, the large area between the nostrils and the upper lip. These are extremely sensitive and gather information. Another 3,000 are distributed across the rest of the body.

Manatees are vulnerable to changes in their environment, and they depend on humans to protect their access to sea grasses and safe waters.

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A stylized illustration of a manatee swimming in the ocean. The manatee is light blue with a darker blue stripe along its back and a large, flat tail. It has a friendly expression with large, dark eyes and a small, dark nose. Three white bubbles are rising from its blowhole. The background is a dark green gradient with silhouettes of coral reefs and sea anemones at the bottom.

**Gentle giants, manatees are among the most peaceful marine mammals.**

# march 2024

PEACE // MANATEE // BOTTLE GREEN

Glass bottles have been made for centuries in many different colors. The widest variation in colors is likely among green glass. Bottle green refers to a dark green color popular in the Victorian era. Colored bottles were cheaper to make than clear ones, and they kept out light better. Green glass results from different coloring agents and processes, with iron, chromium and copper playing starring roles. Cobalt (blue) mixed with chromium (green) makes glass with a blue-green color. Bottles made from quartz were often naturally green. Frequently found in nature, dark greens symbolize a transition from stressful environments into a calm space.

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