



TODAY'S TOPIC:

Winter Peace

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Does snow make things quiet?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> ● Snowman melt meditation ● Snowman melt worksheet ● Scissors ● Glue or tape ● Crayons or markers 	<ul style="list-style-type: none"> ● Enough copies for your group 	Know two ways to be mindful using winter imagery.

ASK: Our thinking job was, does snow make things quiet? Yes! When snow falls and piles up on the ground, the fresh snow acts like a big blanket or a big piece of squishy foam and it absorbs the sound. It takes as little as an inch of snow to see this silencing effect take place and it is more obvious when the snow coming down is light and fluffy. That's because it is more porous (has more little cutouts and spaces) in each snowflake, and sounds get trapped easier. The more snow that accumulates on the ground, the quieter it will become around you. One study found that two inches of snow can absorb about 60% of the noise.

SAY: Some people say that the quietness that comes with snow is peaceful.

ASK: Are you always peaceful or do you sometimes feel the opposite of peaceful? That might feel like out of control, busy, doing too much, angry, or sad. Sometimes at this time of year with the end of school and holidays it

can be really busy which is fun, but can also make you feel out of control and emotional.

ASK: Can you think of an example or a time you felt like that? What are some things you can do?

- Think of things and people for which you are grateful. This can shift your energy.
- Go outside. Nature is great for bringing peace!
- Do a mindfulness activity.

ACTIVITY #1: Throw a Snowball (credit: Namasteinschool,youtube video)

<https://www.youtube.com/watch?v=BZEnPnzJREI>

- Think of a thought or feeling you don't want.
- Pretend to put the thought or feeling into your hand, then use your hands to pretend to gather snow and make a snowball with the thought or feeling in the middle.
- Then throw the pretend snowball.
- Repeat three times.

ACTIVITY #2: Melting Snowman (credit: CounselorKeri.com)

<https://shop.counselorkeri.com/products/mindfulness-classroom-guidance-lesson-with-mindfulness-activity-and-craft>

Snowman meditation. (See below)

- Review “what is mindfulness” and “what does mindfulness feel like”
- Ask the class to relax and close their eyes if they want.
- Read the **Mindful Melt** meditation. Kids can “melt” their bodies during the meditation if they want.
- Make melted snowman sheets. **(See sample.)**

AFFIRMATION: I can be quiet and still like the snow.

AFFIRMATION – One of the most powerful things you can say is, “thank you”. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

