



The Power of Will

With gratitude, I feel The Power of Order moving the intelligence of the Universe through me.

THE SACRED SPACE OF YOUR HEART AND MIND: The Power of Order moves the intelligence of the Universe through our hearts and minds. How do you care for this sacred space? Can you feel the Power of Order moving through you? Do you experience trust, faith, surrender?

What is your sacred space? Is your sacred space a physical place where you can go and be quiet, or is your space a place in your mind where you can go and find peace? Maybe it is both?

Creating your own sacred space lets you express your very human need for ongoing spiritual nourishment and let's you connect to what is meaningful in your life. You get to decide by what sacred means to you and what you want to bring to this space.



Let's explore creating a physical sacred space. What would you want the space to be or feel like?

- Would you like a space to meditate, pray or have quiet reflection?
- Does this space include movement like yoga?
- Would you like to have an altar? What would you put on the altar if you had one?
- Do you want music?
- Do you like indoors or outdoors?
- Does that space have to be where you live?

Remember that this space is yours. Honor your heart's desires. Trust your intuition and see where it takes you.

♪ **Listen: India.Arie—Scared Space—**<https://www.youtube.com/watch?v=Dg0-ocyWpew>



READ: Charlotte And The Quiet Place by Deborah Sosin —
<https://www.youtube.com/watch?v=cgBFJjyFPoM>

Charlotte likes quiet. But wherever Charlotte goes, she is surrounded by noise, noise, noise—her yipping dog, Otto; the squeaky, creaky swings; the warbling, wailing sirens. Even in the library, children yammer and yell. Where can Charlotte find a quiet place? Sara Woolley's magnificent watercolors bring Charlotte's city to life when Otto leads her on a wild chase through the park. There, Charlotte discovers a quiet place where she never would have imagined.

Sometimes children need a break from our noisy, overstimulating world. Charlotte and the Quiet Place shows how a child discovers mindful breathing and experiences

the beauty of silence. Children will relate to the unfolding adventure and message of self-discovery and empowerment. Parents, teachers, and caretakers of highly active or sensitive children will find this story especially useful.

Where is Charlotte's Quiet Place?

Do you think Charlotte's Quiet Place is the same thing as a sacred space?



Book Chat

AFTER READING

Charlotte and the Quiet Place

- Where is your quiet place?
- Where can you go that is quiet? Where is it loud?
- Is school/our classroom noisy?
- Do you like quiet or noise?
- How does quiet help us?
- When do you learn best?
- What does concentration mean? Why is it important?
- How can we block out noise to help us concentrate and find calm? Discuss strategies.
- Where can you travel in your mind when you need to find calm?



Sharing more resources for the family about discovering and creating your quiet place linked from: <http://www.charlotteandthequietplace.com/resources>

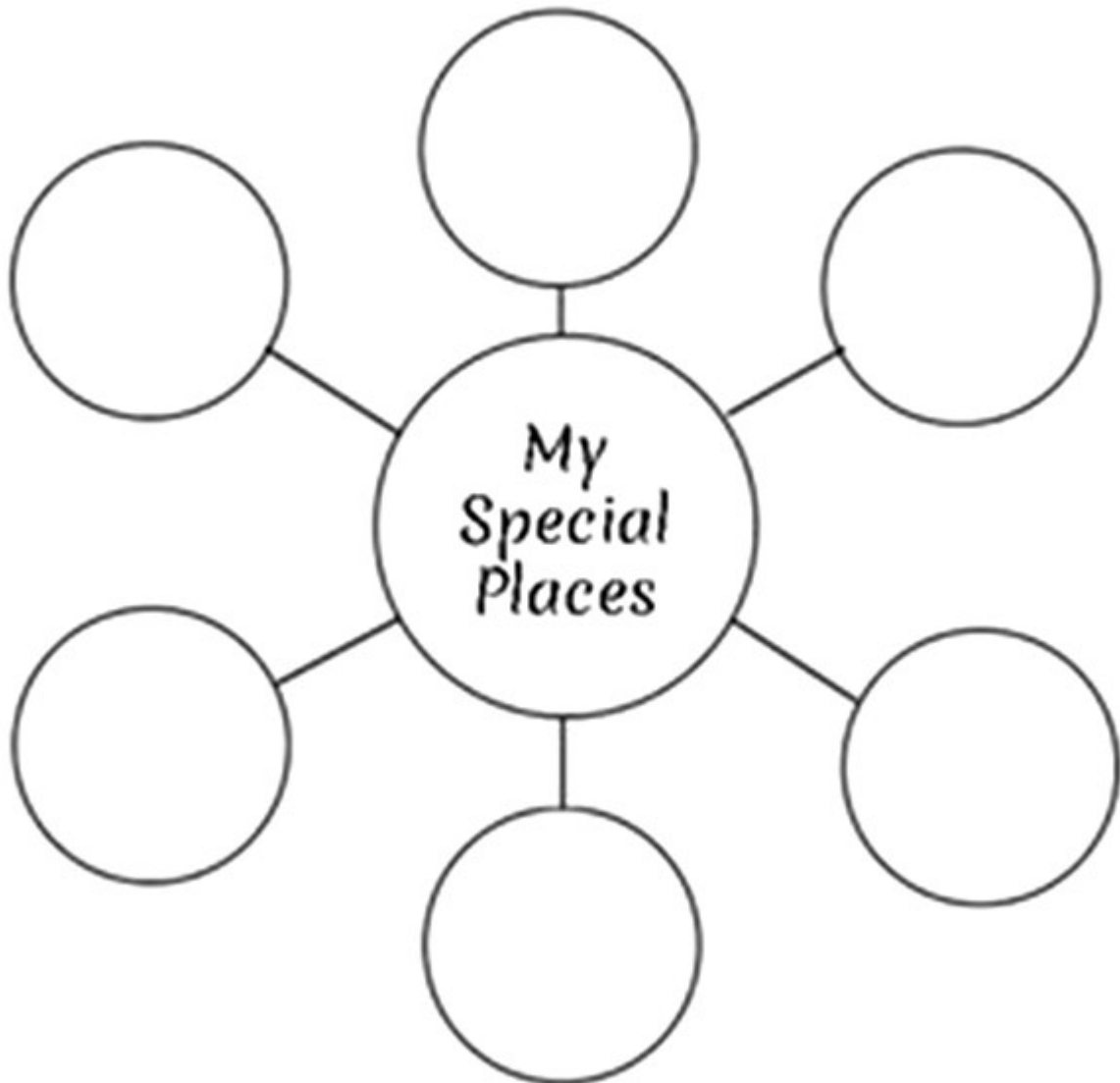
Books for Children

- 🌀 *A Boy and a Bear: The Children's Relaxation Book* by Lori Lite, illustrated by M. Hartigan
- 🌀 *A Handful of Quiet: Happiness in Four Pebbles* by Thich Nhat Hanh, illustrated by Wietske Vriezen
- 🌀 *A Quiet Place* by Douglas Wood, illustrated by Dan Andreasen
- 🌀 *Angry Octopus: An Anger Management Story Introducing Active Progressive Muscular Relaxation and Deep Breathing* by Lori Lite, illustrated by Max Stasuyk
- 🌀 *Anh's Anger* by Gail Silver, illustrated by Christiane Krömer
- 🌀 *Each Breath a Smile*, based on teachings by Thich Nhat Hanh, story by Sister Susan, illustrated by Nugyen Thi Hop and Nguyen Dong
- 🌀 *Mindful Monkey, Happy Panda* by Lauren Alderfer, illustrated by Kerry Lee MacLean
- 🌀 *Moody Cow Meditates* by Kerry Lee MacLean
- 🌀 *Peaceful Piggy Meditation* by Kerry Lee MacLean

Books for Parents

- 🌀 *10 Mindful Minutes: Giving Our Children--and Ourselves--the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happy Lives* by Goldie Hawn
- 🌀 *The Art of Mindfulness for Children: Mindfulness Exercises That Will Raise Happier, Confident, Compassionate, and Calmer Children* by Alissa Redd
- 🌀 *Calm Kids: Help Children Relax with Mindful Activities* by Lorraine Murray
- 🌀 *Child's Mind: Mindfulness Practices to Help Our Children Be More Calm, Focused, Calm, and Relaxed* by Christopher Willard
- 🌀 *Growing Up Mindful: Essential Practices to Help Children, Teens, and Families find Balance, Calm, and Resilience* by Christopher Willard
- 🌀 *Everyday Blessings: A Guide to Mindful Parenting* by Jon & Myla Kabat-Zinn
- 🌀 *Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance* by Jennifer Cohen Harper
- 🌀 *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate* by Susan Kaiser Greenland
- 🌀 *Mindfulness for Kids I: 7 Children's Meditations & Mindfulness Practices to Help Kids Be More Focused, Calm, and Relaxed* by Nicola Kluge
- 🌀 *Parenting in the Present Moment* by Carla Naumburg
- 🌀 *Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy* by Christopher McCurry and Steven Hayes
- 🌀 *Planting Seeds: Practicing Mindfulness with Children* by Thich Nhat Hanh
- 🌀 *Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family* by Carla Naumburg
- 🌀 *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)* by Eline Snel
- 🌀 *A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions* by Amy Saltzman

1. List six places that are very important to you and explain why.
2. Would you consider any of these places sacred?
3. Try to describe this place to your family or friends





Find the hidden objects



Quiet

O Q D E E C K P C R U A L Q T
L H P D D E T U M P M S P M L
C L H C O M P O S E D F R S E
F S A P A E I E L R D M I L S
H P E C E D E T N E L I S U E
L Q A A I M P A S S I V E L U
C A S L L I T S D T E M H L M
A S L M U S F R D F D C I E O
P E S G L U T A H U S H E D E
E N E R E S S S E L D N U O S
L V N S O H E A I N I L L E A
L I U Q N A R T A E T A D E S
D E D A E H L O O C L E L U O
U N S P E A K I N G N T V D A
R E E T I L D I C A L P I C A

Still
Tranquil
Muted
Placid

Calm
Coolheaded
Sedate
Composed

Impassive
Silent
Lulled
Serene

Restful
Unspeaking
Hushed
Soundless

Calming Strategies

E	D	K	S	X	F	V	Y	H	W	L	A	V	A	L	A	M	P	K	D	R	T	V	M
N	C	D	P	Q	H	L	I	T	I	S	T	E	P	P	U	P	W	O	D	A	H	S	U
D	F	I	D	A	E	R	F	U	R	X	C	T	S	I	K	Q	K	L	A	T	C	U	S
O	C	O	L	O	R	D	E	W	X	I	Y	S	C	A	C	L	V	F	D	F	J	X	I
O	K	M	S	C	T	Y	L	Z	X	I	C	E	E	W	T	U	C	Y	B	F	V	V	C
D	X	G	L	M	O	N	E	F	N	D	F	V	N	H	R	R	H	T	C	C	M	B	X
L	J	Y	I	E	J	P	N	E	C	N	A	D	T	M	P	E	E	G	S	D	Q	J	D
E	V	O	O	J	L	E	N	D	Y	R	P	E	E	B	Q	W	W	A	L	X	D	Z	J
S	H	K	L	J	J	E	U	E	O	M	N	T	D	F	Y	O	T	B	I	I	U	O	M
V	O	Q	A	T	Y	I	T	D	G	Q	V	H	L	B	Z	H	O	K	P	S	N	F	F
L	P	L	I	M	S	S	Y	E	J	H	J	G	O	W	H	S	Y	W	A	R	D	I	F
S	S	C	T	J	Q	H	R	E	Z	P	T	I	T	D	F	M	T	L	R	D	Q	D	P
M	C	Y	N	X	K	E	O	P	F	M	A	E	I	D	N	R	B	F	W	A	A	G	I
B	O	N	E	K	S	M	S	B	D	L	K	W	O	C	U	A	X	U	E	I	G	E	K
E	T	S	S	O	E	I	N	R	D	Y	E	F	N	Y	R	W	E	D	L	M	O	T	S
C	C	T	S	K	L	L	E	E	K	J	A	W	K	O	F	T	D	Q	B	J	Y	S	Q
A	H	R	E	H	B	S	S	A	E	D	B	I	S	R	O	P	X	F	B	U	Z	P	X
L	A	E	X	N	B	K	V	T	G	C	R	D	U	R	G	A	H	H	U	V	P	I	U
P	P	T	D	A	U	E	V	H	A	H	E	N	H	A	C	I	L	K	B	V	A	N	U
T	L	C	Y	U	B	Y	M	I	S	E	A	Y	Y	O	R	N	H	G	S	L	H	N	N
E	E	H	E	H	W	K	Q	N	S	W	K	E	S	H	V	T	Y	B	G	H	U	E	Z
I	G	G	W	F	O	S	Z	G	A	G	D	G	B	O	D	Y	S	O	C	K	G	R	M
U	T	Y	U	O	L	A	A	S	M	U	G	M	W	T	Z	P	R	Z	J	U	R	Z	D
Q	I	N	D	O	B	O	A	U	E	M	A	S	Z	A	L	L	O	V	G	J	C	N	M

Blow bubbles
 Chew toy
 Doodle
 Hopscotch
 Music
 Run
 Skip
 Warm shower

Body sock
 Color
 Draw
 Hug
 Paint
 Scented lotion
 Slime
 Weighted vest

Bubble wrap
 Dance
 Essential oils
 Lava lamp
 Quiet place
 Sensory tunnel
 Stretch
 Yoga

Chew gum
 Deep breathing
 Fidget spinner
 Massage
 Read
 Shadow puppets
 Take a break