

7 days of activities about Person Power!

Person Power is a term coined by Michael Nagler of the Metta Center for Nonviolence. It means that inside of each one of us is a power that can change the world. Nonviolence begins inside of each one of us. We can discover and develop it.

We've created seven activities for families to explore Person Power together.

Have fun!



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Day 1

Stretch! Feel Your Inner Person Power

Stand up with your feet strong on the ground, hip-width apart

Put your arms all the way up to the sky and reach SO HIGH!

Lean all the way to the right.

Lean all the way to the left.

Bend over and let your head hang loose.

Stand up and rock your head sideways, moving your ears back and forth to your shoulders.

Take three deep breaths.

Lay on your back and bring your feet in and grab the sides of your feet and roll gently side to side

Now relax.

Feel your heart beating, your blood moving, your bones, your muscles, and your belly. This is a start to getting into your Person Power, and being present in your body!



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Day 2

A Succulent Community The Power of Giving

Make a little succulent garden and share the pups with people you love!

Instructions:

Put some loose, non-clay, dirt in a pot. It can be any size, but for succulents, shallow and wide pots are better.

Walk around your neighborhood and if you see any beautiful succulents, then look and see if they have any pups.

A pup, also called an offset, is a baby succulent that grows off the mother plant.

Knock on their door and ask if you can have a pup!

Gently and carefully remove the pup at the base of the stem. It is easiest to do with the help of an adult.

(Alternatively, you can buy a few small succulent plants to plant.)

Take care of the plants, watering when needed, and soon your succulent plants will have pups! Find neighbors or friends who will want your pups.

They are gifts that keep giving!



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Day 3

Storytime Remember This Always...

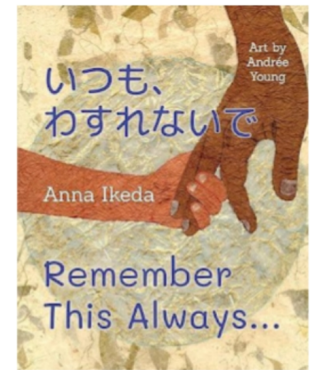
Using a computer or device, watch this special video of our book, Remember This Always...

mettacenter.org/whatsnew/remember-this-always-a-special-video

You can purchase this book at the Metta Center's bookstore:
mettacenter.org/bookstore.

Once you have listened to the story, read it together. Begin by reading one phrase and have the child repeat it. Then see if you can memorize all of the lines and recite them together!

Make it a blessing for a special meal or moment today.



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Day 4

Building Unity in Diversity: Remember this Always...Collage!

As you can see in the video from Day 3, the pictures of Remember This Always... are all done in collage. This is a form of art where you take all kinds of materials, and cut them out and paste them together to make a beautiful image. You will need scissors, glue, and paper for this project.

Gather items around your home and create your own collage for Remember This Always...



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Day 5

Cosmic Juice

Need a pick-me-up? Make your very own potion! You can enjoy it immediately, or in the evening, before you go to sleep you can make this elixir and enjoy it the next day! Share it with friends!

Ingredients:

1 cup of mint
2 lemons
1/2 cup of sugar

Optional:

flowers (borage, rose, chamomile, or calendula)
herbs (rosemary, thyme, oregano)



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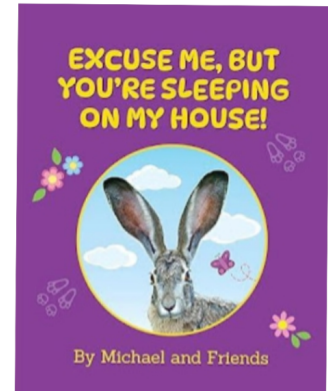
Day 6

Storytime and a Play: Excuse Me, But You're Sleeping On My House!

You can purchase the book at mettacenter.org/bookstore

Benni heads into the woods behind her house and discovers some important truths about the nature of the world around her and her capacity for love. This is a book about the power of nonviolence as it applies to living in harmony with ourselves and with the world around us.

Read the book together, and then perform the story through your own play. You can make costumes and a set, or you can just pretend to be the characters and give them special noises and sounds as you act out the story!



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Day 7

What Does Nonviolence Look like? Make a Nonviolence Poster

Nonviolence is the practice of moving through our world in a way that does not cause harm to other people, animals, or the environment. We are able to use our energy to discover within ourselves. Gandhi has said "The more I work at this, the more I feel delight in my life, the delight in the scheme of the universe. It gives me a peace and a meaning of the mysteries of nature that I have no power to describe."

What does nonviolence look like?

Use a blank sheet and draw and/or write down what you see when you think about nonviolence.

After, you can display the poster in your window to share with others.



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