HARMONY 3
HARMONY WITHIN AND AMONGST OURSELVES

ACTIVITY:
Put your hands over your heart. Listen. What do you hear?
Do this with a friend!

METTA CENTER for NONVIOLENCE
HARMONY 2
WITH THE EARTH AND ALL HER CREATURES

Activity:
Make a drawing of some of the things that you love about our Earth.
HARMONY 1
WITH THE COSMOS

Activity:
Spend time learning about a distant galaxy. If you can, go outside at night and look at the stars and sky. What do you see?

METTA CENTER for NONVIOLENCE
THANK YOU
Thank you for the ride, Spacehorse!

Activity:
Make thank you cards for anyone who did something for you this year.
Share your soulforce with others

Activity:

Prepare a fruit or vegetable salad and share it with family.

Metta Center for Nonviolence
Give a petal and reblossom

Activity:
What do you like to do?

- Art?
- Baking cookies?
- Cooking?
- Picking flowers or herbs?

Do one, all, or something else and give it to someone!
Make

Too many sweets can hurt the belly and body. How about eating one, and then playing?

Activity: make some play dough

- 1 cup flour
- 1/4 cup salt
- slowly knead in
- 1 tbs. cooking oil
- mix!
- Add 3 1/4 cup hot water (minus 3 tbs.) and add hot lemon juice
Energy
The exciting chaos of a GALACTIC GOAT

Activity:
Take 10 minutes to run, jump, laugh, stretch, spin, wiggle, and dance.
★ Try to do this every day!
HEART POWER

The CONFLICT STORM can be wild.

Activity:

Does your heart ever hurt? Try taking a break and sitting somewhere quiet, and focus on refilling your Heart Power.
Write or Draw

SPACE lemons can give bitter experiences

Activity:
WRITE OR DRAW SOMETHING DIFFICULT YOU FACED AND HOW YOU OVERCAME IT.