

For April 2023 Newsletter & GFS Happenings

Peace Talk!

Connecting us to Gwynedd's Peace Pole

Theme: Being Attentive to Spring!

Activities for Mindful Attention to Seeing and Listening Outdoors:

1. Enjoy a family conversation in which each person shares thoughts about any of these questions:
 - ***What do you notice about the earth, plants, birds or animals at this time of year?
 - ***What changes do you hear and see as spring begins to arrive? How does it make you feel?
 - ***What feels different with the light, air temperature and wind?

2. Spring Walkabout & Rainbow Art

Go for a mindful walk to notice the colors of nature. If you can, be in a wild place where wildflowers might be seen. Travel slowly with all your attention given to what surrounds you. Maybe insects, small mammals and plants are in this wild place, too. Look and listen. Try to find the colors of the rainbow IN nature. Look closely at whatever you find—color, shape, numbers of legs, petals, leaves, etc. Look for something alive in each color of the rainbow—green, blue, purple, red, orange, yellow. Draw each one. Provide this spring gift of a colorful drawing to someone special or hang it where others can see its beauty indoors.



✓	COLOR	WHAT I FOUND:
	Green	
	Blue	
	Purple	
	Red	
	Orange	
	Yellow	

3. Lenni-Lenape Land Acknowledgement

When you are outside, imagine who was on this land long ago. Bring the Lenape indigenous people to mind and think of how they honored the earth, only taking what they needed. Borrow a book about indigenous people at your library or at Gwynedd's Joy & Justice book collection to learn more about their care for the land and its inhabitants.

May Peace Prevail on Earth

Resource: Peace Works: Young Peacemakers Project Book II by Kathleen Fry-Miller, Judith Myers-Walls, and Janet Domer-Shank.