

# MEET THE READY TWINS!

born in 2 lands, from the mother of all purposes -

Understanding PEACE

Welcome to a month of  
**THANKSGIVING**  
3 words to build a practice of  
giving thanks for what is  
good or is working in our life.

Ready, steady, go!

Got  
your  
Notebook?



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November & December UPP offers this focus:

**Practice PEACE by giving thanks for any goodness you feel, see or experience..**

Discover the power and possibility of three words which can build HOPE and STRENGTH for any HERO of Ukraine!

**One Thanksgiving word  
seed can deepen our understanding of PEACE  
1 lesson for each word**

**NOTICE**

**ПОМІЧАТИ**

**REALIZE**

**УСВІДОМЛЮВАТИ**

**GIVE THANKS**

**ДЯКУВАТИ**





November & December:

**Lesson #1**

**Thanksgiving Word Seed for Being Peaceful:**

**NOTICE ~ ПОМІЧАТИ**

**EXAMPLES to NOTICE:** when you smile, feel happy, are relaxed, calm, glad, excited kind, curious, creating something you like, or feeling close to a friend, hopeful, wanting to care for someone or something or simply feel good?

**FOR EXAMPLE** seeing the leaves turn from green to gold - reminding you of the cycle of nature, reliably sharing - an example of a strong life pattern.

**ANOTHER ...WHEN** we see someone being kind it invites us to smile &

**WHEN** a friend brings us a snack to share at school we feel cared for &

**WHEN** we are able to have the support of a parent - a teacher - someone who understands us, we more easily breathe and feel loved and smile..



**DRAW, WRITE ABOUT OR SHARE YOUR THOUGHTS WITH SOMEONE**



November & December:

## Thanksgiving Lesson #1

### NOTICE

\*Decide to see how a smile can change things:

*What might be possible if we look and listen for things that could make us smile, and so we smile?*

- What did you see, hear, feel, or realize that helped you to **SMILE** this week?
- Write a little rhyme about it.
- Notice how **SMILING** made you feel.
- Draw a picture of what you understand about the power of a **SMILE**.
- Share your experience with 2 others.
- What else could you **NOTICE** from the examples from page 3?

### ПОМІЧАТИ

\*Виріши побачити, що посмішка може змінити:

*Що може бути можливим, якщо ми дивимось і слухаємо за речами, що можуть змусити нас посміхнутися ....якщо ми дозволимо їм?*

- *Що ви побачили, почули, відчули, чи усвідомили, що допомогло вам **ПОСМІХНУТИСЯ** цього тижня?*
- Напишіть маленький вірш про це.
- Помітьте, як **ПОСМІШКА** змусила вас почуватися.
- Намалюйте те, як ви розумієте силу **ПОСМІШКИ**.
- Поділіться думками з 2 людьми.
- Що ще ви можете **ПОМІТИТИ** опираючись на приклади зі сторінки 3?



November & December:

## Lesson #2

### Thanksgiving Word Seed for Being Peaceful:

## REALIZE ~ УСВІДОМЛЮВАТИ

**EXAMPLES for REALIZING :** when you realize you feel anxious, you can look in the situation or the context for what makes you want to smile: be calm or glad, excited or kind, feel happy, relaxe, loving, curious, creating something you like, feeling close to a friend, feeling hopeful, wanting to care of someone or something or just feel good?

**FOR EXAMPLE** when I am feeling anxious, I can remember that I can SMILE. There are always things I can NOTICE which are helpful, perfectly safe for me to connect with. This eases me into being calm and peaceful.

**ANOTHER ...**When I see others who are sometime anxious like I am now, I REALIZE that I am not alone, and I can take a PEACE 1<sup>st</sup> Breath and smile.

**WHEN** I feel anxious, I REALIZE a teacher or friend will see me and will SMILE and come to me when I SMILE back to them.





November & December:  
**Thanksgiving Lesson #2**

**REALIZE**

*\*Using your experience of letting yourself SMILE, what have you REALIZED needed to change so you could let yourself SMILE?*

- How did it feel to SMILE? even LAUGH?
- Draw what made you SMILE or LAUGH.
- Do you now REALIZE that you can be both sad & happy or scared & loved at the same time?
- Share your experience with 2 others.
- What else could you REALIZE from the examples from page 3?

**УСВІДОМЛЮВАТИ**

*\*Використовуючи свій досвід дозволу собі ПОСМІХНУТИСЯ, що ви УСВІДОМИЛИ, що змінилося у вас, щоб ви змогли дозволити собі ПОСМІХНУТИСЯ?*

- Як це було – ПОСМІХАТИСЯ?  
Навіть СМІЯТИСЯ?
- Намалуйте те, що змусило вас ПОСМІХНУТИСЯ чи ЗАСМІЯТИСЯ.
- Чи УСВІДОМЛЮЄТЕ ви тепер, що можете бути одночасно і сумним, і щасливим?
- Поділіться своїм досвідом із 2 людьми.
- Що ще ви можете УСВІДОМИТИ опираючись на приклади зі сторінки 3?



November & December:

## Lesson #3

### Thanksgiving Word Seed for Being Peaceful:

## GIVE THANKS ~ ДЯКУВАТИ

**EXAMPLES for GIVING THANKS** : There is a nanosecond between when your body NOTICES an upset OR a delight. You can learn to catch this moment and BREATHE. REALIZING that you have a choice is cause for celebration, even when hard: we can be a HERO for what really matters or a victim to what is currently happening. OUR CHOICE!

**FOR EXAMPLE** when I feel anxious, I can remember that I can SMILE and ask myself: *Where do I want to put my attention?* That let's me widen my view to see a bigger option - *my HEROIC purpose*. This choice guides me to inner PEACE.

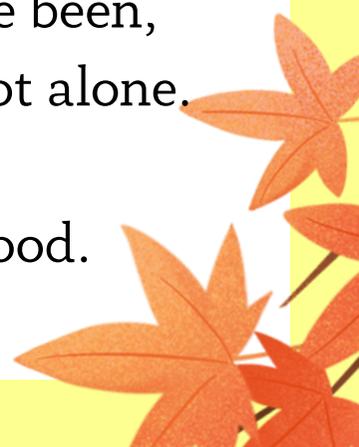
**ANOTHER** ...When I see others who are sometime anxious like I have been, I **REALIZE** I can **SMILE**, go to them and let them know that they are not alone.

Now WE can both take a **PEACE 1<sup>st</sup> Breath** and **SMILE**.

**GIVING THANKS** comes naturally more easily now and it feels good.



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November & December:  
**Thanksgiving Lesson #3**

## **GIVE THANKS**

*Using the practice of NOTICING and REALIZING things changed, allows you have a CHOICE of where you put your attention:*

- What is an important thing you **REALIZE** that you can **GIVE THANKS** for now?
- Make a drawing for yourself to remind you to **GIVE THANKS**. Put it where you see it.
- Make a list of **ALL** you **REALIZE** you are now grateful for....and **SMILE**.
- Simply feel grateful... and the energy of your space changes and shift happens.
- **IMAGINE** how great that can feel!

## **ДЯКУВАТИ**

*Використовуючи практику ПОМІЧАННЯ та УСВІДОМЛЕННЯ того, що змінилося, щоб дозволити вам отримати досвід ТА після того, як ви його отримали:*

- Що є найважливішою річчю, за яку ви **УСВІДОМЛЮЄТЕ**, що можете **ПОДЯКУВАТИ**?
- Створіть **МЕМ** для себе, щоб нагадувати собі **ДЯКУВАТИ**. Розмістіть його там, де ви його бачите.
- Складіть список **УСЬОГО**, за що ви тепер **УСВІДОМЛЮЄТЕ**, що вдячні.
- **ПОСМІХНІТЬСЯ**, коли ви **ДЯКУЄТЕ** комусь, і він **УСВІДОМИТЬ**, що ви щирі.
- **УЯВІТЬ**, як чудово це може відчуватися.

USE THIS MUSICAL PAGE TO GIVE YOURSELF PERMISSION  
TO SIMPLY DAYDREAM ABOUT THE THINGS YOU ARE GRATEFUL FOR. ...enjoy.....



**Thanksgiving - is a time to remember to expand the good in the world by tuning in to it's message every day.**

**DEAR Students, Teachers, Donors, Parents, Friends & both US & Ukraine Boards & Teams & the CSL family & Rotary colleagues:**

WE are learning and we grow together.

I am so grateful for our connection - EVERYONE, please let's each of us do the exercises ourselves **BEFORE** we share with students. TOGETHER, we expand the good in our lives.

With peace, vision & gratitude,

***Barbara***

**MUSIC:**

**Thank you to BODHI - composer & flutist**

**[www.bodhisetchko.org](http://www.bodhisetchko.org)**

**album Shamanic flute / song is Dance**

**&**

**This month we are especially grateful for amazing support from our fantastic team members from Zaporizhzhia & Cherkasy**

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**LUDA & SVETE - Operations & Finance**

**YEVGENIA - webmaster & tech support**

***THANK YOU ALL***

***SO MUCH***

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