

## Start with worship!

Not just a *moment of silence* waiting for the real activity to begin, but *Worship*.

Sit so you are balanced, with your spine straight. Close your eyes or look down in front of you or look at something beautiful. Take a deep breath down to the bottom of your belly. Gently, quietly remind the children of these steps as well.



Sit in that moment of stillness recognizing the Beauty and Goodness and Love and Peace that springs up from within yourself.

Sit in recognition that the same Beauty and Goodness and Love and Peace is springing forth from the children around you. (You don't have to teach them this part, just do it. Don't be the worship police, be in worship.)

Beginning in this way separates what you are about to do from what you just did. It marks it as so important it is worthy of the full attention of your minds and hearts which you are preparing. (So is math and social studies and lunch for that matter which may be begun in similar ways!).



Beginning in this way also draws the class together to be working/living from the same Space which allows more care and community to be part of the work.