

Meditate4PEACE



Join Wuf Shanti's Mindful Kids Peace Summit **daily** for mindfulness exercises to help manage stress and cope with the challenges of today's world.

Wuf Shanti focuses on:

- **Positivity:** A world in which children are encouraged at a young age to Think Well.
- **Inclusion and Diversity:** A world in which young children learn to love and appreciate each other, no matter where they come from or what nationality, color, or religion they are.
- **The Planet:** A world in which children appreciate the environment and help take care of it.
- **Peace and Love:** A world in which young children are taught to respect each other and forge friendships that go beyond race and nationality.
- **Gratitude:** A world in which children appreciate the Universe and learn to live a mindful, holistic, and joyous life.

Link to daily videos will be available on this slide as we get closer to Choose Peace Week!

