



# Unity of head, heart and hand



HEAD

Good thoughts  
Good feelings

HEART

To know what is good  
and goodness

HANDS

Good actions



It's important to have unity in what we think, say and do. Talking about how peace is needed in our world and singing for it isn't enough. Peace will come to our planet only when all humans act peacefully. Cultivating harmony within themselves and fostering it everywhere will help to bring this about. If we practice human values it will be easier, because value thinking helps us connect to our heart, to act with coherence, to refrain from hurting others feelings, answering back or fighting in order to be right at any cost.



## THE FLOWER OF CHARACTER

You need: A big sheet of white bristol paper, coloured paper, crayons, markers, scissors and masking tape.



Cut out a circle as big as you can using the full sheet of bristol paper, and tape it onto a wall. Remember to use masking tape so you don't ruin the walls! Cut large flower petals out of the coloured paper and write a value word on the back of each petal. Assemble your flower by laying the petals around your circle, with the value side hidden. One by one the participants of the game get up and pick a petal at random. They read out its value and explain what it means to the group, and then replace the petal onto the flower with the value in evidence.