



Purpose of

Love Peace Harmony Take 5 and Thrive

. BOOST STUDENT'S WELL-BEING .

. FOSTER A POSITIVE CLASSROOM ATMOSPHERE .

. CREATE A LOVING, PEACEFUL & HARMONIOUS LEARNING ENVIRONMENT .



Release Tension

Providing practice tools for destressing and grounding, we help students release tension and become fully present.

Positive Visualization

Utilizing our potential through constructive positive creative visualization practices

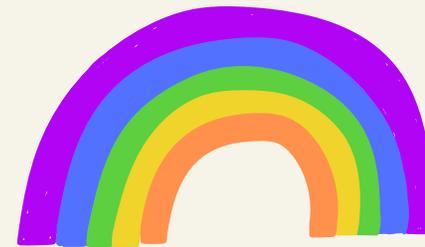
**Love melts all
blockages and
transforms all life.**

Energy Boost

Enhance connectivity with our inner energy center to boost energy, stamina, and immunity, aiding students in their overall well-being

Enhancing Self-Awareness and Inner Connection

Fostering healthy confidence through empowering affirmations that support personal growth, teamwork and cultivating a positive environment through the uplifting Love Peace Harmony song





Love Peace Harmony Take 5 and Thrive

1 – Body Power

Stand up straight and put hands on your core energy center at the tummy area

2 – Breathing Power

Breath in and out 3 times

3 – Mind Power

Visualize light in your energy core and tap and say 10 times "light, light, light..."

4 – I AM Power

What we say is what we become:

I AM STRONG

I AM SMART

I AM KIND

I AM RESPECTFUL

I AM AWESOME

5 – Heart Power

Connect with your heart and sing:

I LOVE MY HEART AND SOUL

I LOVE ALL HUMANITY

JOIN HEARTS AND SOULS TOGETHER

LOVE PEACE AND HARMONY X2

Then step/clap to Lu La Li





Purpose of Activate Love Peace Harmony

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