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.

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 melts all blockages and transforms all life.
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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