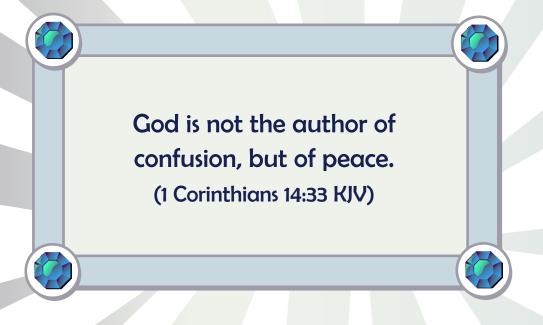
Usten What Can You Hear?









We can take a lesson from God's

wonderful creation, and learn

to be peaceful and calm.

There is a time and place

to have fun and be noisy, but we should learn to know when it is time to stop before it begins to

get confusing. When we run around and

act wild, or create

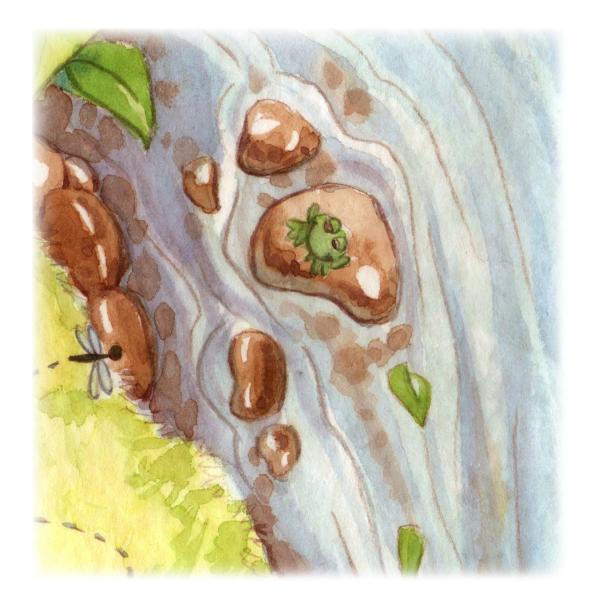
confusion, it disrupts other people, and that

is when accidents or

problems can happen.







God wants us to be happy and to enjoy ourselves, but learning when to be peaceful is important too. When we are calm and quiet, we are then able to see and hear things that we do not notice when we are noisy and unruly. Take time to be peaceful, and see what new things you will discover!





Action

Take a few minutes to be quiet and listen to all the things around you that you would not be able to hear if you were being noisy. What did you hear? How does it make you feel when you are calm and quiet?





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