

## Teacher's Worksheet

1) Watch just 0:18 of the video "Why isn't there peace in the world?". Tick (✓) ONLY the things that can cause conflicts that appeared in the projection.

( x ) war    ( x ) guns    ( ) politics    ( x ) lifestyle    ( ) sports

( x ) police    ( x ) religion    ( x ) protests    ( x ) ethnicity    ( x ) arguments

2) Now watch the whole video and write T (True) or F (False) in each sentence. Correct the F statements.

a) ( T ) We need to act collectively, in other words, as a group.

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b) ( F ) If we notice people are suffering, we ~~don't~~ want to help.

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c) ( T ) Meditation helps us to regulate emotions.

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d) ( F ) Meditation ~~doesn't change~~ the way we respond to the world.

Answer: changes

e) ( T ) If we meditate with other people, we amplify the vibration of peace.

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f) ( F ) The act of meditate ~~cannot~~ change our reality.

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