

Mahavir Jayanti



CREATE YOUR OWN PEACE GARLAND

1. Cut out the shapes.
2. Write or trace a peaceful value on each one.
3. Decorate with colors, glitter, or stickers.
4. Punch holes and string them together — or tape to a wall.
5. In your family, talk about what each value means.



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Ahimsa
(Nonviolence)

Satya
(Truth)

Karuna
(Compassion)

Shanti
(Peace)

Maitri
(Friendship)

Aparigraha
(Letting Go)

