**Peacefulness Exercise No. 2: Family Heirlooms**

**Introduction:** When people think of family heirlooms, they usually think of expensive jewels that have been passed down from generation to generation or a valuable antique. But what about that theater stub that you saved from the time you and your sister went to see your favorite play or a foreign coin you kept from the time you took a family trip overseas?

**To Begin:** Ask participants to prepare for this exercise by bringing to the group one of their “heirlooms” - any item that reminds them of a time where they had a wonderful experience in which they are grateful. It should be something small enough to carry, and be of sentimental value (not a financial one).

**The Activity:** Sitting together as a group, invite participants to hold up their heirloom and briefly take a minute or two to explain why that piece is so valuable to them. They are welcome to pass the item around – if they are comfortable doing so – or simply walk around the room and show their prized possession to other members of the group.