

# "V"TOONS™ COLORING PAGES PEACEFULNESS

## Be your "BEST" with Virtues!

When kids understand virtues they tap into character strengths that guide them when faced with decisions between right and wrong, good from bad, or when they find themselves experiencing personal challenges and difficulties.



Kids love Cartoons!



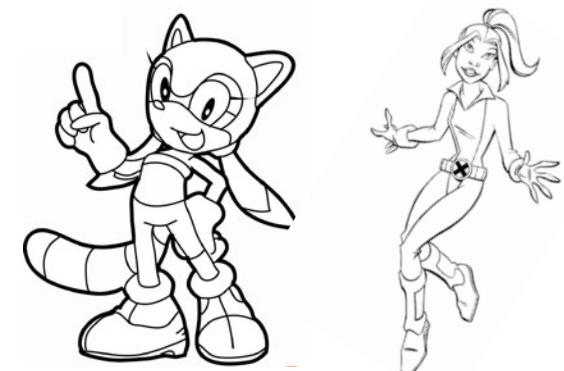
THE V CHANNEL.COM  
INSPIRING KIDS TO BE THEIR "BEST"

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Virtues empower kids to:

- Overcome adversity and achieve their goals
- Rise above negative influences
- Be kind, honest and trustworthy
- And much more!

Learn more at [theVchannel.com](http://theVchannel.com)



Kids need Virtues!



## Learning About Virtues is Easy and Fun!



Invite your kids to pick their favorite characters and print the "V'TOONS Coloring Pages.



Read about the virtues while your kids have fun coloring "V'TOONS.



Display "V'TOONS as a daily reminder that virtues empower kids to be their "Best."

Learn more at [theVchannel.com/vtoons](http://theVchannel.com/vtoons)



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Be your "BEST" with Virtues! —BAMBI

# PEACEFULNESS

**Peacefulness is an inner sense of calm.**

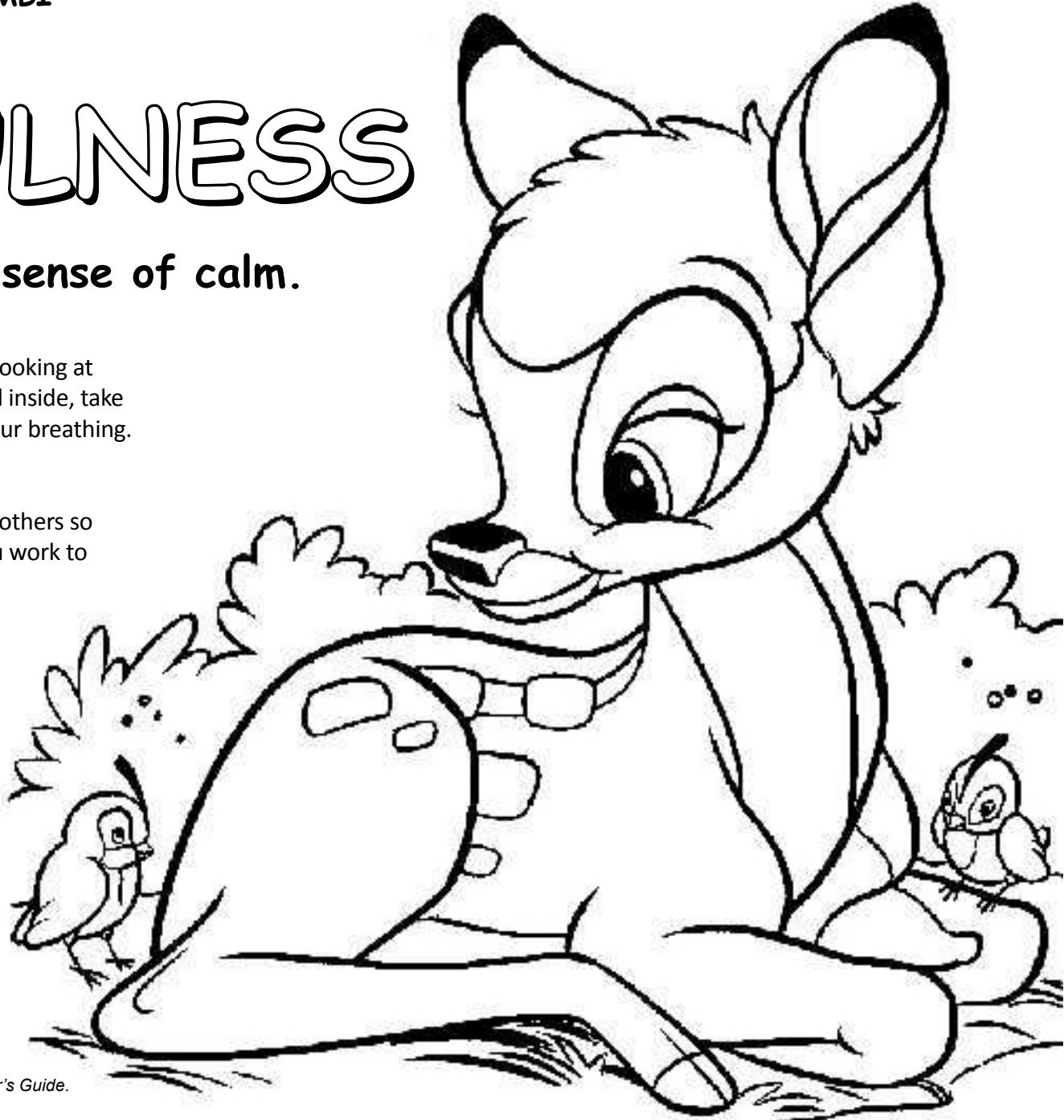
Peacefulness is a way of becoming very quiet and looking at things so you can understand them. To be peaceful inside, take a few minutes to become very still and focus on your breathing. Try your best to let go of your worries.

Peacefulness is a way of approaching conflict with others so no one is made wrong. Everyone wins because you work to find a peaceful solution.

Peace comes when you give up violence, prejudice, and thinking of others as enemies.

Learn more at [theVchannel.com/Peacefulness](http://theVchannel.com/Peacefulness)

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Be your "BEST" with Virtues! —FLIK

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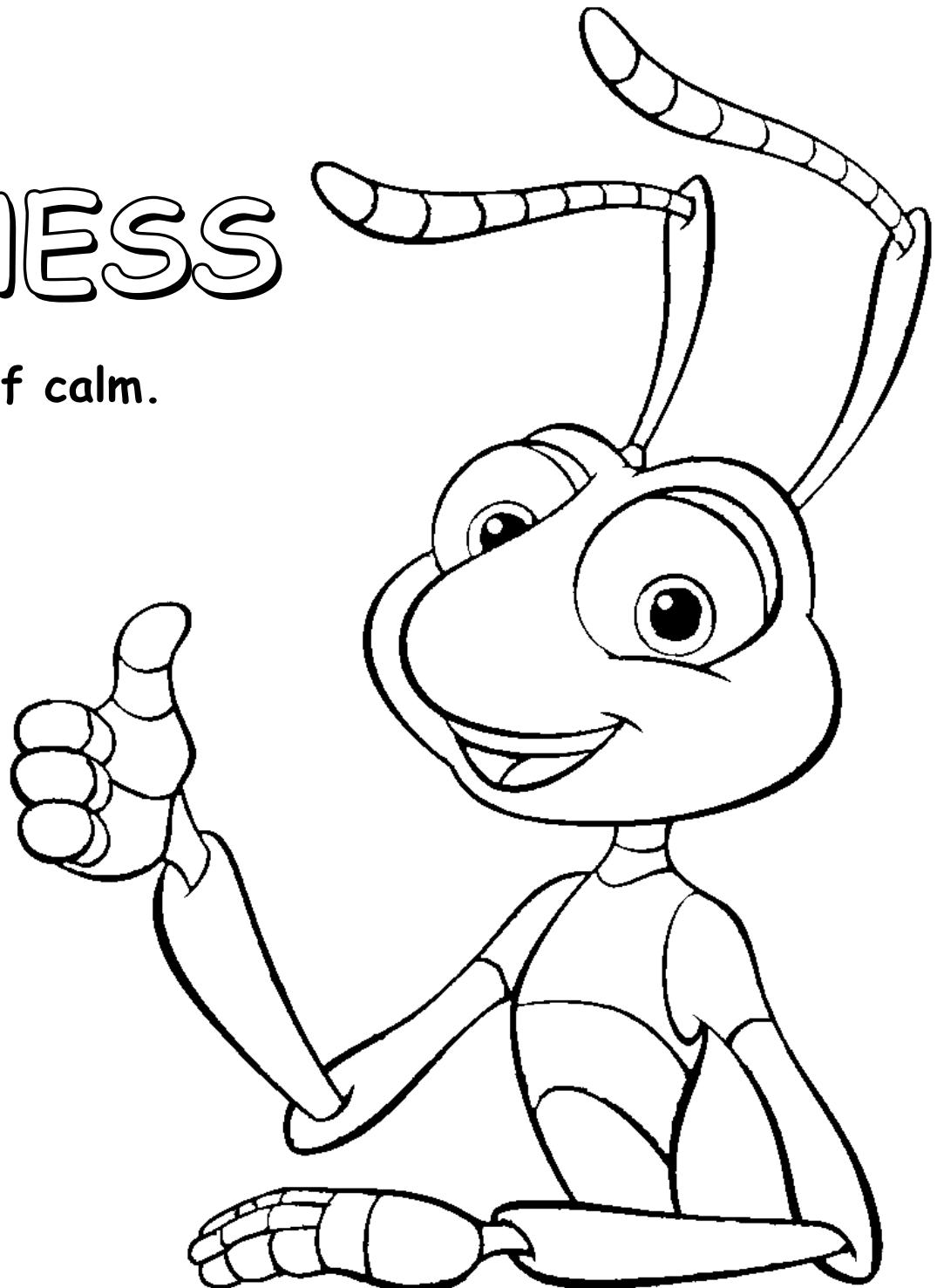
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Be your "BEST" with Virtues! —RAY THE FLYING SQUIRREL

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Be your "BEST" with Virtues! —STORM

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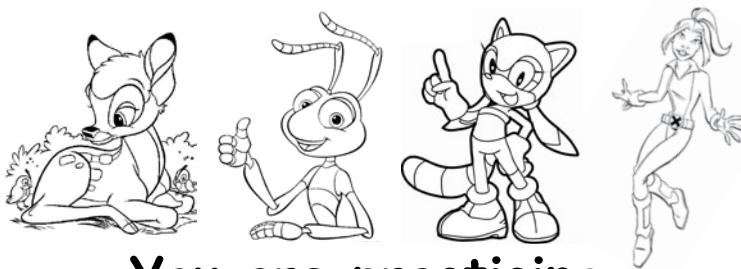
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## You are practicing PEACEFULNESS when you...

- Take time to become very still, focus on your breathing and let go of worries
- Use peaceful language even when you are angry
- Speak gently and respectfully
- Avoid harming anyone
- Appreciate differences
- Find peaceful solutions to every problem

### Affirmation:

*I am peaceful. I use peaceful language and find peaceful solutions to any problem that arises. I find my inner peace and let it carry me gently through the day.*

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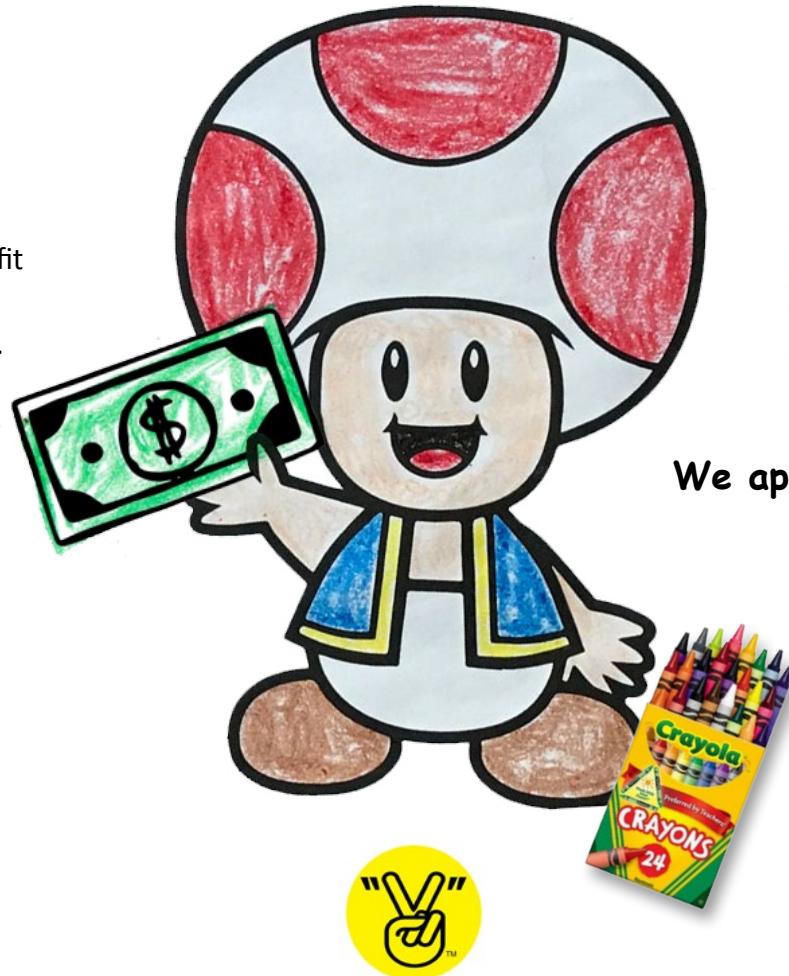
What does **Peacefulness** look like to you?  
Draw and color a picture here ↓



# Please make a tax-deductible donation today!

The V Channel is a 501(c)(3) nonprofit organization. We depend on the generous support of people like you.

Every dollar we receive goes directly toward inspiring kids everywhere to choose virtues!



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**We appreciate your generosity!**  
— The "V"TOONS Team

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**PLAY NICE  
DISNEY CHARACTERS  
SUPERHEROES  
STOP BULLYING!**



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