

Dear girls
and boys,

Quiet time for our hearts

Sometimes life can feel very busy. Our days are full of schoolwork, games, noise, screens and rushing from one place to another. That is why quiet time is so important as it helps our hearts and minds to rest.

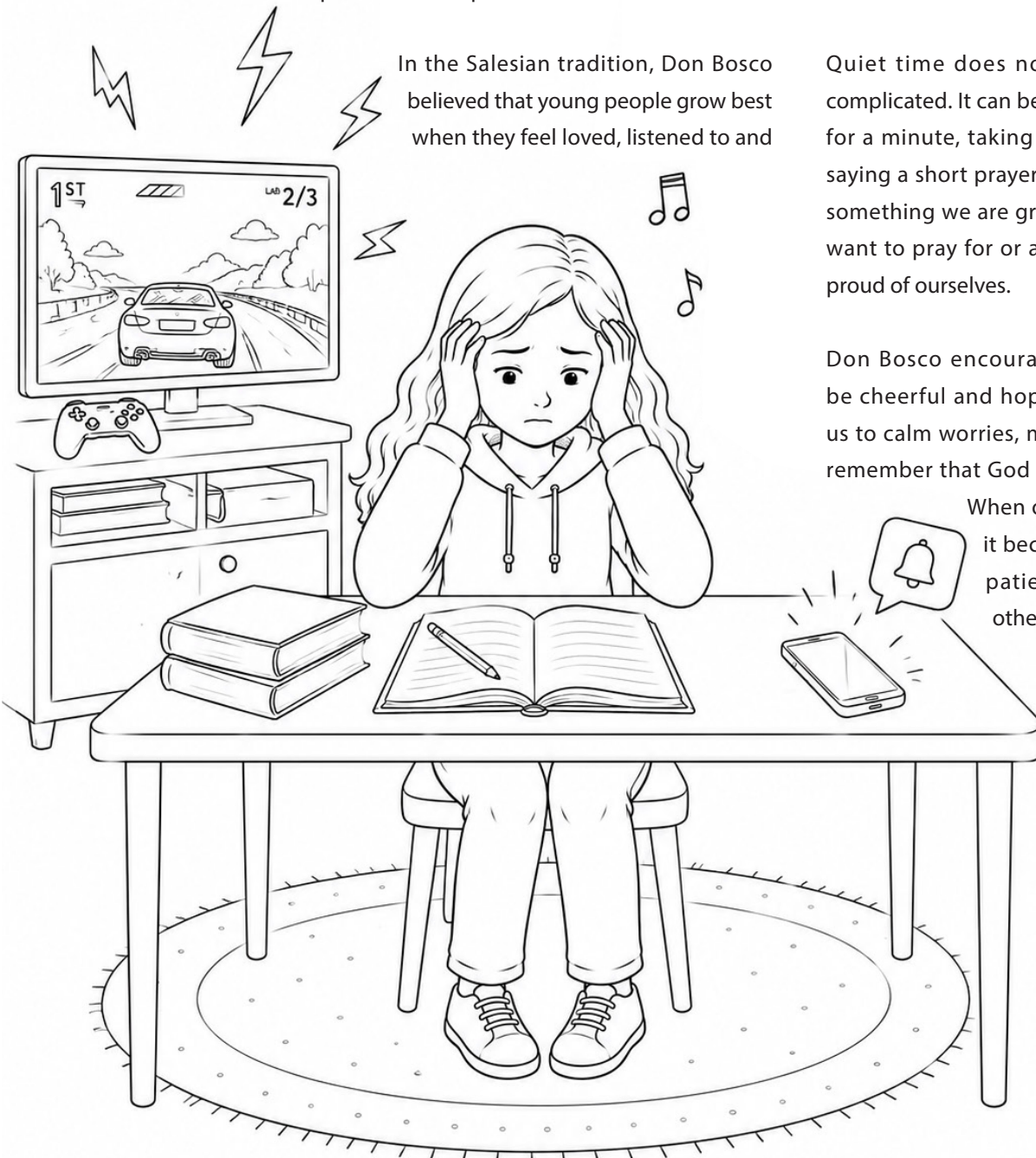
understood. Quiet time helps us to slow down and notice what is happening inside us. It gives us space to talk to God, to think about our day and to remember that we are never alone.

In the Salesian tradition, Don Bosco believed that young people grow best when they feel loved, listened to and

Quiet time does not have to be long or complicated. It can be as simple as sitting still for a minute, taking a few deep breaths or saying a short prayer. We might think about something we are grateful for, someone we want to pray for or a time we felt happy or proud of ourselves.

Don Bosco encouraged young people to be cheerful and hopeful. Quiet time helps us to calm worries, make good choices and remember that God loves us just as we are.

When our hearts are peaceful, it becomes easier to be kind, patient and forgiving with others.



Taking time to listen to ourselves, to others and to God helps us grow into the best version of ourselves.

This quiet moment can be used at home, in class or at the end of the day. Enjoy your quiet moments.

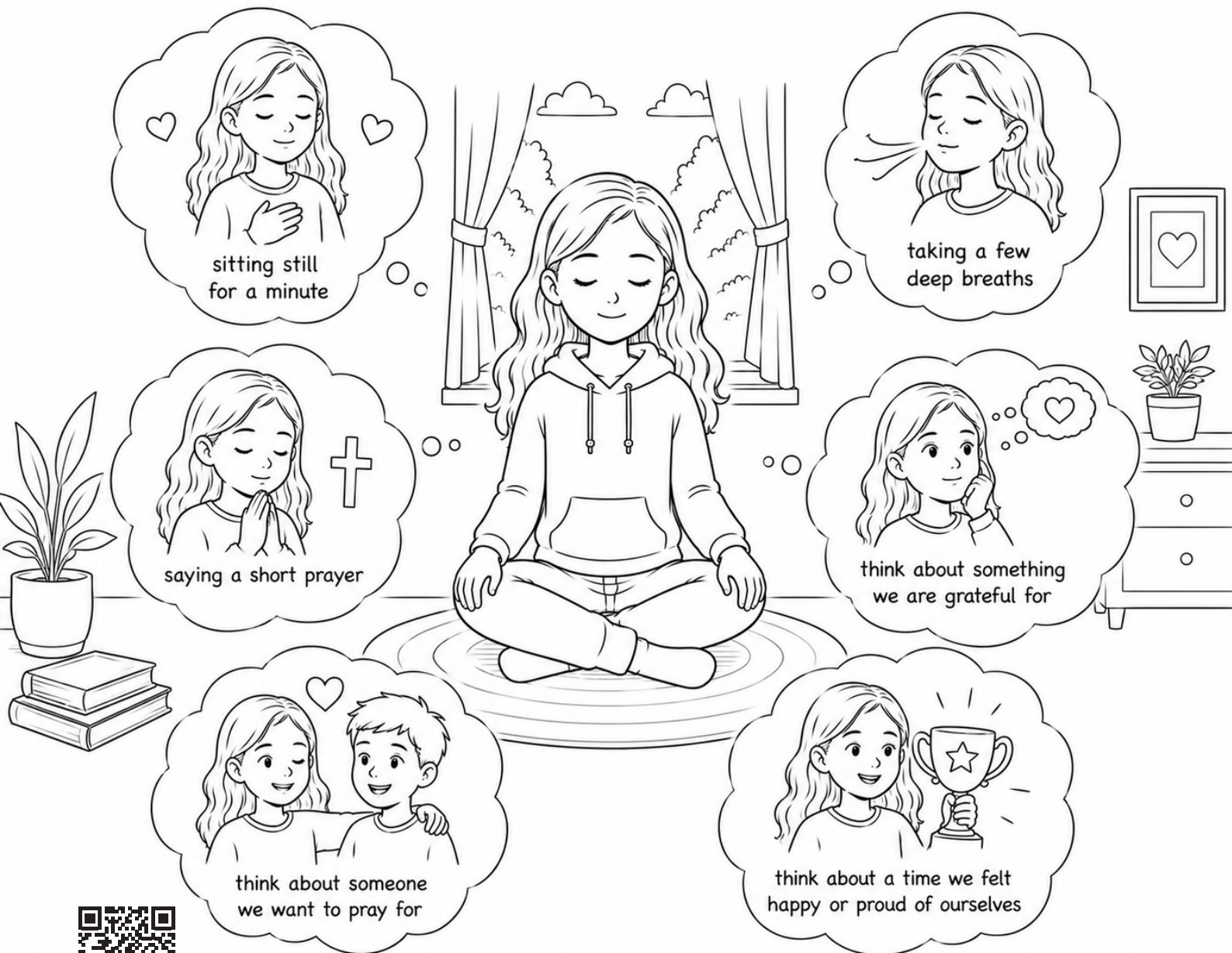
God bless,

Toby

Suggested activity:

The Quiet Heart Moment

- Sit comfortably with both feet on the floor.
- Close your eyes or look at one calm spot.
- Take three slow, deep breaths.
- In your heart, say: Thank you for one good thing today.
- Finish by asking: Help me to be kind tomorrow.



www.salesiansireland.ie/toby

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